

December 24, 1999 • 50 cents (tax included)

Sports St. Mary's boys prepare for league hoop season [C1]

Inside Second air test due on middle school gymnasium [A5]

Jury verdict puts camping ban in question

By James Carter

A homeless man cited for camping on the Albany landfill in violation of a city ordinance was found not guilty last Tuesday after his attorney argued he had no other practical or legal alternative but to sleep there.

Mike Smith, a recluse artist also known as Picasso Mike, was acquitted of the misdemeanor charge Dec. 16 after jurors considered what is known as the defense of necessity.

Judge Ronald Greenberg presided

over the jury trial held in Berkeley/Albany Superior Court last week. The December trial is the first in a series that all involve individuals cited at the Bulb for violating the no-camping ordinance.

The basis of the defense is that an allegedly illegal action can, under special circumstances, be committed because failing to do so would pose a "significant evil" and a greater danger to the accused than violating the law.

"My client had no reasonable, legal alternative than to sleep in the landfill," said David Richie, Smith's attorney.

Richie said Smith attempted to seek shelter at several homeless shelters, including a trailer set up on a temporary basis by the City of Albany. However, the facility — and several others he attempted to enter — were full.

According to Richie, a no-camping ordinance recently adopted by the City of Albany forced residents camping at the Bulb to seek shelter in other municipalities, "though (Albany) had people living there with their tacit approval for years."

When Albany began enforcement of its no-camping ordinance at the landfill

in June, the city offered what was called "transitional resources" to a group of people officials once estimated to number between 50 and 80 individuals.

Yet according to Richie, when a transitional housing unit was established for Bulb residents near the landfill, "the trailer only housed 21 people at max." Richie said the unit did not provide cooking facilities, had a limited supply of old military rations, and provided residents limited access to latrines during the evening.

Individuals who attempted to stay at

the temporary shelter were then referred to shelters and programs out of town, primarily in Berkeley, according to the attorney.

"The dirty little secret is that Albany has no homeless shelters or services though they had people living on the Bulb for years," Richie said.

There may be civil action suit against the City of Albany to challenge the no-camping ordinance, Richie suggested. "The issue comes down to this: If Albany

See BAN, Page A11



BRINGING CHRISTMAS to the underprivileged: Engineer Jarl Grunseth and Jose Castrejon of the El Cerrito Fire Department show some of the new toys that have been donated to this year's toy drive for needy children.

Off-street parking rules debated

Exemption brings long-simmering issue to the fore

By James Carter

ALBANY — The City Council voted Monday to uphold a Planning and Zoning Commission ruling that will allow a Neilson Street family to add a bedroom and bath to their home without providing additional off-street parking.

The ruling may have far reaching implications.

At issue was whether seven-year resident John Sutton could build a 328-square-foot addition to what he described as "our modest house," without having to uproot trees in the back yard and make way for a paved driveway and parking spot there.

Sutton's plans became an agenda item when Councilman Ed McManus filed an appeal to a Planning and Zoning Commission decision granting the building permit. McManus stepped down from the council dais during the public hearing and debate.

Yet the appeal hearing was overshadowed

See PARKING, Page A10

New fire chief is no stranger to El Cerrito

Mark Scott is a 25-year veteran of the department and has served as interim chief for the last two years

By Kate Darby Rauch

EL CERRITO — The city has a new fire chief, and he's no stranger to town. Mark Scott, a 25-year veteran of the El Cerrito Fire Department and interim chief for the past year, has been appointed the permanent chief. In the position, he'll also oversee fire operations for unincorporated Kensington, which contracts with El Cerrito.

"The department has a good foundation. We're excited about the opportunity to move forward," Scott said.

The city conducted a nationwide search to fill the spot, and decided the

right man for the job was in its back yard.

"We are always pleased when one of our own employees excels in such a rigorous testing process, because it validates both Chief Scott's experience, skills and abilities and the city's training and development programs," said Gary Pokorny, the city manager.

Scott, 50, started as a firefighter for El Cerrito in 1974. Before that, he was a public safety officer for the city of Sunnyvale and a volunteer firefighter in Pinole, where he lives with his wife Cindi and their two children.

He moved steadily up the ranks of the El Cerrito department, serving as a battalion chief since 1989, and interim chief since earlier this year, when Chief Stephen Cutright resigned to take the reins in Emeryville. Another of Scott's duties has been fire marshal in charge of inspection, fire prevention and hazard mitigation.

The main challenge facing the department, Scott said, is the threat of wildland fires. El Cerrito and Kensington bor-

See CHIEF, Page A10

School board may have violated Brown Act

By James Carter

ALBANY — An executive session of the Board of Education held to discuss the process for selecting a school resource officer at Albany High School may have violated the Brown Act, according to an expert in the field.

The board held a closed-door session Dec. 14 to make just such a determination, a meeting that included Police Chief Larry Murdo. Two weeks prior to the executive session, Murdo made it clear he thought the meeting may violate the Brown Act, and stated his misgivings in a letter sent to Superintendent Gary Mills dated Dec. 1.

Murdo reaffirmed his misgivings before the meeting began.

Enacted into law by the State Legislature in 1953, the Brown Act declares that "public commissions, boards and councils and the other public agencies in this state exist to aid in the conduct of the people's business. It is the intent of the law that their actions be taken openly and that their deliberations be conducted openly."

"I can only speak for my tenure here, but we have been very careful not to violate the Brown Act," said Superintendent Gary Mills. The newly-appointed district administrator said that based upon research he did on the issue, the

meeting was held well within the legal perimeters of the law.

"After the fact of the meeting and because another individual brought it to our attention, we went back to our attorney, Lozano & Smith, and they felt it was legitimate as well."

"I felt like all I was doing was updating the board on an issue that we have previously discussed in the presence of our attorney."

However, a city official who asked not to be named suggested that over the years, the Board of Education may have routinely violated provisions of the law

See BOARD, Page A11

Plaza dry cleaner faces uncertain future

By J.R. Deaton

EL CERRITO — The Great American Dry Cleaners at the Plaza may be required to move its cleaning plant off site, a move the owners say would doom their business. Shop owners Jungsoon "Jennie" and Jaik "James" Koo have started a petition to allow the cleaning plant to remain in the shop and have prepared a letter to the City Council asking for help.

In her letter to the City Council, Koo says the shop would be willing to install a \$70,000 environmental hazard free

cleaning machine with a working life of 15 years. "After 15 years, we may not ask to keep the dry cleaning machine on the site," Koo added.

The Kooos have owned and operated the Plaza shop for the past 10 years and said a dry cleaning business has occupied the site for more than 30 years.

"Right now we are in the process of working with the San Francisco Water Quality Control Board in terms of remediating the situation and making sure that it's not an environmental health concern," said El Cerrito Plaza Co. Vice Pres-

ident Dorian Bilak at the Dec. 6 City Council meeting. "We're going to work with them to make sure that we don't have an environmental concern."

"The dry cleaner will stay. The issue has to do with the plant," Bilak said. "There is the possibility that we will not be able to have an on-site plant," he added. "A lot of cleaners today don't actually do the dry cleaning on site — it's sent out — and the dry cleaning is dropped off and picked up at that facil-

See CLEANERS, Page A10

INDEX

Calendar	Page C5
Crossword	Page C8
Martin Snapp	Page A6
Opinion	Page A4
School Watch	Page A5

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WORTH CHECKING OUT

Web site energy bill aid

Homeowners can save hundreds of dollars each year on their energy bills by using the Home Energy Saver Internet site at <http://HomeEnergySaver.lbl.gov>. The site was developed by the Lawrence Berkeley Laboratory to help consumers determine how much energy their homes use. Based on questions and answers on the site, recommendations are given on how to make improvements. The site's "making it happen" section provides time-saving links to hundreds of Internet sites with practical, detailed information about energy-efficient homes, products, service providers, utility programs, and online reading materials. The site also provides e-mail access to energy experts who answer questions from users.

Regional parks programs

The East Bay Regional Park District, which recently celebrated its 65th anniversary, has several local events planned for the end of this year and the beginning of 2000. A Boxing Day tea is scheduled for Dec. 26 from 1-3:30 p.m. in the Tilden nature area. Visitors age 8 and older may sample teas from China and India, scones, crumpets, jams and sweets. Participants may bring their tea cups and saucers for show-and-tell. There is a \$5 fee (\$7 for non-residents) and registration is required; call 510-636-1684. The 17th annual New Year's Eve hike will be from 4:30-6:30 p.m. Dec. 31 in the Tilden nature area. Hikers, who will hear about customs and traditions from around the world, are advised to dress warmly. It is OK to bring flashlights. There is no fee. There will be a stroll through Miller-Knox Regional Shoreline from 2:30-4 p.m., Jan. 4. Participants will learn the history of the park and enjoy views of the Bay and San Francisco. There is no fee. The new-moon hike will be from 4:30-7 p.m., Jan. 5, at the Tilden nature area. Since hikers will walk in darkness, flashlights are OK. There is no fee. Details: 562-7275.

Picture Poems

"Picture Poems" by Sharyl Gates is on exhibit through Jan. 15 at Albany Community Center, 1249 Marin Ave. Sharyl Gates, artist, poet, and illustrator, will have 3-foot and 4-foot acrylic on canvas "words and painting" and poetic pieces in showcase created published and present, 1985-1999. For more information or to be on mailing list for future



HAUSMUSIK PRESENTS "A Handel Extravaganza: A Sumptuous Banquet of Musical Delights with Secular Songs, Cantatas and Trio Sonatas." Musicians include Jennifer Ellis, soprano (above); Lisa Grodin and Carla Moore, violin; Tanya Tomkins, cello; Hanneke van Proosdij, harpsichord and organ. Performance is on Saturday, Jan. 8, 8 p.m. at St. Alban's Episcopal Church, 1501 Washington St., Albany. Admission: \$17 (general), \$14 (SFEMS, ARS, EMA, students, seniors). Advance reservations recommended. Call 559-4670 for tickets and information. Wheelchair accessible.

exhibits, phone or fax 527-9374, or write to P.O. Box 2082, El Cerrito, CA 94530.

String quartet

The Arlekin String Quartet plays music by Haydn, Shostakovich, Brahms and others, at St. John's Presbyterian Church,

2727 College Ave., Berkeley, on Sunday, Jan. 9, at 3 p.m. The concert is given to help support the musical program offered by the Young People's Chamber Orchestra to Young Bay Area String Musicians. A suggested donation of \$20 for adults and \$5 for students up through age 15, is requested. Refreshments follow. For information, call 510-595-4688.

Christmas mischief precedes holiday party

Twas the night before the Chamber party at the Albany Mechanics Bank when helper Gayle Davis of Sisters (who was to bake little quiches for the party) was surprised by little critters with masks over their eyes. They had opened (unzipped, actually) the thermal carrier containing the quiches and had started to eat them. Being naturally clean little fellows, the first washed them off in Gayle's pond in the back yard.

All in all, five raccoons spent most of the night in Gayle's back yard just washing and eating with delight. The pond is a mess, and Gayle brought

something else to the party.

Brass Horse Gene doll presentation

On Sunday, Jan. 16, from 1 p.m. to 4 p.m. there will be a regular Gene doll extravaganza at the Albany Senior Center hosted by the Brass Horse. There will be a slide presentation, special free gifts from the Gene team, a raffle of Gene dolls, costumes and accessories and many other totally Gene things.

For travel directions and reservations, please call 526-7522, or e-mail

ALBANY CHAMBER

to thebrasshr@aol.com. Please respond by Jan. 8.

Holiday greetings

The year 2000 will be upon us soon. We at the chamber wish you and yours a happy holiday season and a bountiful and healthy New Year.

EL CERRITO HIGH SCHOOL NEWS

- Winter break Dec. 20-31.
- Classes reconvene, Monday, Jan. 3
- Modified day, Wednesday, Jan. 5
- High School Community Dinner Meeting. Join us to discuss the topic: "Together, what can we do to help our students excel?" Thursday, Jan. 6, 2000, 6:30-8:30 p.m., St. John Missionary Baptist Church, 662 South 52nd St., Richmond. RSVP by Monday, Jan. 3, at 525-0234, or call the Rev. Otis Harris at 234-4010. Dinner and child care provided.
- "It's About Dance." El Cerrito High Dance Program. Friday, Jan. 7, and Saturday, Jan. 8, 8 p.m., at Contra Costa College Theater.
- PTSA meeting. All parents and students welcome. Refreshments.

Wednesday, Jan. 12, 7 p.m., in ECHS Room 812.

■ School site council meeting. Wednesday, Jan. 12, 7 p.m., ECHS library

■ Monday, Jan. 17 is a student holiday

■ Wednesday, Jan. 19, is a regular scheduled day for students

■ Monday, Jan. 21—end of term two

■ Monday, Jan. 24—student holiday, teacher's work day

■ Tuesday, Jan. 25—start of term three.

1999-2000 SAT program test calendar

Saturdays, 8 a.m.-12:30 p.m., on Jan. 22, April 8, May 6, June 3.

See the SAT Registration Bulletin

or online at <http://www.collegeboard.org> for the Registration Form, fees, and details on how to register.

On exam days, students may stand by with their money and ID (required).

For details, call Lonnie Johnson, librarian, at 525-0234, ext. 2637, Monday-Friday, 8 a.m.-3pm

Tune in to KECG 88.1 FM, 9:55-10:05 a.m., Monday-Friday, for ECHS daily announcements. Visit Web site at <http://www.wccusd.k12.ca.us/elcer->

Youths rob man at gunpoint

EL CERRITO—Two teenage boys pulled a gun on a 48-year-old Berkeley man in the parking lot of Staples the evening of Nov. 5. They demanded the victim's money and belongings, which totaled \$1,307 in cash and goods. Both suspects were said to have heavy tattoos from their elbows to their shoulders. One was described as being 5-foot, 7-inches tall, with wavy black hair, weighing 180 pounds. The victim was uncertain about that suspect's ethnic background. The second suspect was described as a 150-pound Latino, also about 5-foot, 7-inches tall. Both are wanted for armed robbery.

■ At 6:45 a.m. Nov. 6, police roused a homeless man sleeping on an abandoned mattress set up on the loading dock of the now-vacant Food Bowl on San Pablo Avenue. He was issued a trespassing citation and released.

■ A thief took a merchant to the cleaners the morning of Nov. 10. The crook confronted the owner of OK Cleaners on the 6100 block of Potrero Avenue, pointed a revolver at his head, handcuffed him and stole \$100

before fleeing.

■ A two-door hatchback automobile slowly slithered down the 7500 block of Levison Avenue near midnight, Nov. 12. Vandals took aim at a home and fired off four rounds of paint balls that splattered against the window. The suspects then sped away.

■ A 44-year-old man attempted to slip out of Albertson's the afternoon of Nov. 16 with \$26.98 of food, but was caught and arrested for petty theft.

■ During a late night argument on the 5800 block of El Dorado Street Nov. 17, a 29-year-old woman attempted to stab her 33-year-old husband with a pair of scissors, but apparently missed her mark. She was arrested for assault with a deadly weapon.

■ At 5:45 p.m. on Nov. 17, two Vallejo men, ages 22 and 30, were arrested after they tried to cash a forged check at the Wells Fargo Bank on the 9800 block of San Pablo Avenue.

■ Just after noon Nov. 20, a 63-year-old woman living on the 1500

POLICE REPORT

block of Liberty Street was arrested after her 35-year-old son allegedly shattered glass and stole a fee table with a bar of gold. The son was arrested for the theft. The mother's front door was damaged by the son's attempt to break in. The mother was arrested for the theft.

■ Target Store was robbed by a 54-year-old El Cerrito man the evening of Nov. 18. He attempted to take home merchandise without paying.

■ A man and woman in their 30s attempted to steal merchandise from the morning of Nov. 23. They were in a store and were arrested by store guards.

■ A 19-year-old man was arrested for breaking into a home on the block of Potrero Avenue Nov. 29 and stealing jewelry, cash and electronic equipment. Victims identified the suspect. Police issued a warrant for his arrest.

High school students threaten brawl

By K. Osborn

ALBANY—At about 2:30 p.m. on Dec. 13, officers responded to a call from someone at the Albany pool reporting a fight at Albany High School. The caller said that El Cerrito students had threatened to fight with an Albany student. Officers contacted a group of boys who were running and acting suspiciously. The group consisted of two El Cerrito boys, ages 14 and 15, three Richmond boys, ages 16 and 17, and two Albany boys. Officers did not observe fighting. The Albany boys refused to press charges against El Cerrito and Richmond boys. Officers arrested the five boys from El Cerrito and Richmond for threatening and using words that would cause a fight. The 17-year-old Richmond boy was also charged with vandalism and being a non-student on campus. All were released to their families with a Notice to Appear.

■ At about 10 p.m. on the night of Dec. 14, a resident on the 500 block of Pierce Street reported that thieves had stolen his white 1991 Oldsmobile Silhouette. There were no witnesses. On the morning of Dec. 16, the Pinole Police Department reported locating the car, which was wrapped around a tree. The car was damaged and all four tires were flat. Police did not have anyone in custody. They had

towed the car and notified the owner.

■ At about 12:30 a.m. on Dec. 15, officers responded to the 1000 block of Santa Fe Avenue on a call from a woman reporting that she was being threatened. Officers heard shouting and screaming in the phone. Upon arrival at the 37-year-old woman's home, they found the argument to be mostly verbal and there were no injuries. The man, a 41-year-old Albany resident at the same address, was found to have outstanding warrants from Emeryville in the amount of \$244, and from Oakland in the amount of \$500. He was arrested, cited and released with a Notice to Appear.

■ On the morning of Dec. 15, a resident on the 1000 block of Pomona Avenue reported that during the night thieves stole her gray 1987 Mercedes 420 SL. There were no witnesses.

■ On the morning of Dec. 15, officers responded to the 700 block of Kains Avenue on reports of a non-injury accident. They found the driver to have an outstanding warrant from Marin County in the amount of \$2,500. He was arrested, cited and released with a Notice to Appear.

■ At about 8 p.m. on Dec. 17, officers responded to the 900 block of Ventura Avenue on complaints from parents that their 22-year-old son,

who lives in an area back of their house, was threatening to break into the main residence and steal. The son was arrested for the threat. He was released with a Notice to Appear. He was also charged with being a non-student on campus. He was released to his family with a Notice to Appear.

■ On the evening of Dec. 18, an incident on the 500 block of Pierce Street was reported that thieves stole a front license plate from a 1993 Volvo SW. There were no witnesses.

During the week of Dec. 13, Albany officers towed 10 vehicles, responded to two false alarms, seven lost or deceased, and assisted six people locked out of their homes.

In the domestic arena, 19 reports of batteries and 106 civil actions were filed.

Albany officers stopped 57 citations, issued 57 citations, and responded to nine medical emergencies.

Rocks wrack school for blind

By Kate Darby Rauch

ALBANY—Someone hurled a torrent of rocks on the campus of a residential school for the blind last weekend, smashing windows in two of the center's vans.

No one was hurt—the roughly 30 students are gone for the holidays—but staff at the state-run Orientation Center for the Blind say rock attacks are an ongoing problem. Staff worries that someone will get hit.

Around 150 rocks, along with splinters of broken glass, littered the center grounds when employees arrived early Monday.

"For a long time, we've had episodes of rock throwing, but this one was the worst," said Mike Cole, ad-

ministrator of the center, which trains the recently blind to manage their daily routines. "It just so happened on this weekend our students are gone for Christmas."

The school, the only one of its kind run by the state, is on Adams Street beneath a semi-rural slope of Albany Hill. A popular trail crosses the hillside above the school, and Cole speculates the rocks are being thrown from the trail.

"This was a major activity. We counted 150 rocks, many very big. If they had hit somebody, it would have been very serious," Cole said.

The center has three vans stored inside the gated campus. The windshield of one van and the back window of another were destroyed in the cascade.

Because the school is run by the

state, the California Highway Patrol is in charge of non-emergency calls there. Cole said he is handling the arrangement and will deal with Albany police.

"We're sitting here with a little police protection," Cole said.

Albany police keep a school in their regular patrol neighborhood, said Albany Police Officer McQuiston.

"There's not really a presence there. We're the fact they have to call 911," McQuiston said.

Cole said he wants Albany police to be there. They may be better able to find the word about the rock throwing and possibly find the culprits.

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5707 Redwood Road, Oakland, CA 94618 • 510-339-3000
Published every Friday • Office hours are 9 a.m. to 5 p.m.

Chris Treadway, editor • Ruth Maricich, general manager

Subscriptions are \$25 per year if carrier-delivered within the Journal's circulation area. Mail subscriptions within the United States are \$100 per year. To subscribe or report a delivery problem call 510-339-4040

EDITORIAL

All items for publication should reach us 10 days in advance of publication and may be mailed, faxed or, preferably, e-mailed.

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LOCAL CLINIC PARTICIPATING IN GLOBAL SCHIZOPHRENIA STUDY

Berkeley, July 28, 1999 - Berkeley Therapy Institute announced today that they have begun enrolling patients into a clinical trial of a compound being evaluated for the treatment of schizophrenia. The study, known as ILP 3004, is one of several in a worldwide development project known as the ReAlize program.

The study at Berkeley Therapy Institute is part of a clinical development program to evaluate the efficacy and safety of an investigational drug in the treatment of patients with schizoaffective disorder or schizophrenia. Schizophrenia is a devastating condition, which affects nearly one percent of the world's population; schizophrenia is the most common and disabling of all major mental illnesses.

Schizophrenia impairs patients' cognitive functions causing positive symptoms such as hallucinations and delusions, and negative symptoms such as blunted affect and social withdrawal. The disease typically strikes in late adolescence, with the onset of gross abnormalities in perception and an inability to feel or express pleasure. The profound incidence of suicide among schizophrenics is a well-documented public health problem.

Dr. Robert Dolgoff, primary investigator for this clinical trial at Berkeley Therapy Institute, notes that "despite impressive advances in psychiatry, we still do not have optimal treatment for schizophrenia. As many as 20% to 30% of patients do not respond to, or get unpleasant side effects with, the medications that are currently available. Therefore, research into new modes of treatment is vital for patients battling this disease."

Patients participating in this ReAlize study will receive free study medication or placebo and will be closely monitored on a regular basis by mental health professionals. To be eligible for participation in the trial, patients must be between the ages of 18 and 65, diagnosed with schizophrenia and exhibiting symptoms of the disease. In addition, participants must meet all inclusion criteria specified in the study protocol.

To obtain further information about this ReAlize study, please contact Clinical Trial Coordinator Leigh Pruneau, RN, Ph.D., at (510) 841-8484, ext. 136.

EC task force lays out economic development goals

By J.R. Deaton

EL CERRITO—The economic development train remains on track, the City Council decided to continue doing out the rails only a little at a time. This week the council received a preliminary report from the Economic Development Task Force. The report, asked for more details and a final report by another 90 days. Staff had recommended funding a six-month period, until June 2000. Councilmembers decided to extend the funding period, but the shorter funding period, but the three month period ends, ending for the 90 days is estimated at \$17,500.

The "strategic themes" of the preliminary report, as presented by task force Chairman Raymond Miles, are "improving the city's image and attractiveness to business through the use of media and public relations" and "preparing a two-year work plan."

The report lists 22 "immediate objectives" in its action plan that include hiring a full-time economic development manager, creating an ongoing economic development commission, launching a campaign "to improve the city's image and attractiveness to business through the use of media and public relations" and preparing a two-year work plan.

The report states there is a "strong consensus that the most promising development scenarios in the near term will include attractive, intensive, mixed-use centers of activity."

It also says that the economic development action plan "calls for a proactive economic development strategy that involves promotion of the city, seeking appropriate new businesses consistent with the plan, conceiving and carrying out physical improvements to the commercial areas, working with new businesses to help them solve problems, and identifying and removing regulatory and other barriers to increased economic activity."

conomic activity."

The City Council will play an important role in economic development, the report states. "First the City Council will be responsible for adopting the action plan and supporting implementation of the plan's objectives," the report states. "Second, the City Council should participate in outreach activities that communicate its support to the business community and strongly reinforce the key message that El Cerrito is a business-friendly city."

"Our report assumes a long-term commitment on the part of the council and the city to an economic development program," Miles told the City Council Monday. He said this point, that a long-term commitment is assumed, is "the key point made in our report" and is "one that is very crucial and timely."

"This is going to require a great deal of innovation, marketing, enterprise, entrepreneurship," said Councilman Larry Damon.

"After the amount of effort that

has gone into preparing this report in front of us, I think we have to take a bold step forward," he said, suggesting that the new economic development manager have "equal right and status" with the city manager.

Mayor Mark Friedman confirmed with Miles that a specific program budget will be included in the final Economic Development Task Force report. Referring to earlier council comments, Friedman said "I agree that it is certainly a very key piece that we need for our ongoing decision making as a body."

Each councilmember thanked the task force for its hard work. The City Council eventually voted to fund the program until March 31, 2000. Staff will return to the council with a more specific breakdown of costs and tasks associated with near-term economic development activity. Councilwoman Kathie Perka said she suggested the three-month funding period to "light a little fire" and keep the process moving forward.

IN BRIEF



HARDING SCHOOL friends Sara Abelson, Mackenzie Lawn, Marlene Baker and Natalya Kail enjoyed festivities at the recent Santa pancake breakfast at the El Cerrito Community Center.

USDA chemist will head organization

ALBANY — A chemist with the U.S. Department of Agriculture's Western Regional Research Center on Buchanan Street has been elected president of the American Chemical Association, one of the world's largest scientific organizations.

Attila Pavlath is a scientist with the department's Process Chemistry and Engineering Unit. As president of the association, a position he assumes Jan. 1, Pavlath said he plans to focus on attracting new members.

Pavlath was born in Hungary and earned his doctorate from the Hungarian Academy of Science in Budapest in 1955. He has published more than 100 journal articles, written 25 patents and written several books.

Albany Pool holiday season hours

ALBANY — The Albany Pool, 1311 Portland Ave., has a special holiday schedule during winter break Dec. 20-Jan. 2.

Lap swim will be held Monday to Friday (except Dec. 24), 6-7:55 a.m.; Monday, Wednesday and Friday (except Dec. 24), noon-12:55 p.m.; Tuesday, 11:30 a.m.-12:55 p.m.; Monday and Wednesday, 2:30-4:25 p.m.; Tuesday and Thursday, 2-4:25 p.m.; and Monday-Thursday, 5:30-6:25 p.m., and 8:35-9:30 p.m.; Sunday hours are 1-2:25 p.m., and 4:30-6:25 p.m.

Friday, Dec. 24, and Saturday, Jan. 1, the pool is open for laps, 10 a.m.-1:55 p.m.

Recreational swim will be Sunday, 2:30-4:20 p.m.

The pool will be open for drop-in exercise for swimming the width of the pool or exercising on your own. Monday and Wednesday, 8 a.m.-noon, (8-9 a.m., deep end only), and 6:30-8:30 p.m.; Tuesday and Thursday, 8-

11:30 a.m. (10:30-11:30 a.m., deep end only) and 6:30-7:30 p.m.; Friday, Dec. 31, 8 a.m.-noon (8-9 a.m., deep end only).

Calisthenics in the water will meet Monday, Wednesday and Friday, Dec. 31, 8-9 a.m. Arthritis exercise will meet Tuesday and Thursday, 10:30-11:30 a.m.

Come to the pool or phone 510-559-6640 for further information.

Handling holiday stress

If you're suffering from holiday stress, you're not alone, health experts say.

Richard Bee, spokesman for Alta Bates Medical Center's Mental Health Services in Berkeley, says the holidays change normal patterns of eating, drinking and sleeping along with old memories and reminders of time passing.

He counsels moderation, rest and advises allotting enough time for tasks and keeping expectations realistic. Bee urges anyone with questions about holiday depression to contact him at Alta Bates Mental Health at 510-204-4422.

Amy Hill, coordinator of the Family Violence Prevention Project at Contra Costa County Health Services, warns that stretched budgets and increased time with family often takes a toll, but offers a few simple steps that can bring relief.

She suggests serving and consuming less alcohol and making sure that non-alcoholic drinks and plenty of food are on hand.

She also recommends walking away from potentially tense situations before they escalate. Hill says giving opinions in positive, affirming language also helps as does giving inexpensive gifts and finding alternatives to watching television, such as games, music or "just relaxing."

Contra Costa County Health Services Family Violence Prevention Project offers year-round help at 925-313-6827.

State will delay audit of West County schools

By Lisa Shafer

The state has suspended its mass school attendance audit, which will bring the West Contra Costa Unified School District to its knees, according to state officials. The audit was inflating funding claims by millions of dollars.

The State Controller's Office is delaying the interruption on the need to hire more auditors to carry out a mandated \$3 million attendance audit of 63 percent of California's 5.7 million students.

"We don't want to rush the process," said Byron Tucker, spokesman for state Controller Kathleen Connell. "We've scaled back because of the auditor shortage."

The first wave of audits—at West Contra Costa, in Napa and in Sacramento—has drawn intense criticism

from local school officials and raised concerns at the Department of Education.

West Contra Costa officials say their district's October audit results were unfounded and based on insufficient samples of excused absence documents. The controller focused on those because such absences played a large role in how much money districts receive from the state.

Superintendent Gloria Johnston said Thursday that the district would appeal within days but shared few details about the appeal.

Johnston did, however, criticize auditors for causing disruption at the district in late August as secretaries and principals were opening schools and for dragging out the examination for more than two months.

Napa County Superintendent Bar-

bara Nemko had similar gripes, adding that the auditors pressured administrators to turn over documents her office is neither required nor authorized to keep.

The Controller's Office has repeatedly said it conducts the audits professionally and efficiently.

But complaints from numerous district superintendents led state schools' chief Delaine Eastin to meet with Connell on Dec. 6. Eastin suggested that the controller let districts know exactly what would be expected during the audits, said Doug Stone, a Department of Education spokesman.

"There should be complete clarity, so there's no confusion on anyone's part," he said.

The day after Eastin met with Connell, the Controller's Office sent a four-sentence letter to the 10 districts sched-

uled for the next audits.

"This is to notify you that the State Controller's Office is suspending its audit. We will advise you by letter if and when we elect to proceed," the letter read in part.

The letter offered no explanation for the suspension.

State lawmakers authorized the audits this year after a spike in 1998-99 attendance triggered unanticipated expenses. The Department of Finance has suggested that some districts were padding attendance numbers to receive more money, and that others were making honest mistakes with a new system of attendance tracking.

Tucker said the audits likely would resume in mid-January and that the suspension would not affect West Contra Costa or other districts involved in the first round.

Alameda, Contra Costa will fund needle swaps

By Bonita Brewer

OAKLAND — With state law now on their side, Alameda and Contra Costa counties decided last week to fund needle-exchange programs in an effort to combat the spread of AIDS among intravenous drug users.

Supervisors from both counties formally declared local states of emergency to combat the spread of AIDS virus and Hepatitis C among injection drug users, and they intend to use the declaration to pay for needle-exchange programs.

The two East Bay counties are among the first in the state to be taking advantage of a new state law, which goes into effect Jan. 1, that declassifies needle exchanges if public officials declare AIDS a public health emergency.

Other jurisdictions, including Contra Costa and Sonoma counties, reportedly considering similar actions. And the cities of San Francisco and Berkeley have long had

such declarations on the books and have been funding needle exchanges while dodging state prosecution.

In Alameda County, Supervisor Scott Haggerty, who said a week ago he feared that needle exchanges promote drug use, supported it Tuesday.

But he told health officials that when they return to the board for funding, the proposal should address how clients are referred to drug rehabilitation.

Alameda County Supervisor Gail Steele said she has received calls from people concerned that county funding of needle exchange would condone an objectionable lifestyle. But "the lifestyle is already there, and the disease is spreading," Steele said.

In Contra Costa County, officials will begin looking at ways to support a needle exchange program that has been quietly operating in Richmond since 1995. Although it has not been legal, police have tolerated the program. The plan calls for the county to collaborate with the Richmond

program and start another in East Contra Costa, either directly or by supporting private efforts.

"It is a public health issue, about saving money and lives and improving the health of all Contra Costa County," said Supervisor John Gioia of Richmond, who made the proposal.

The county will start by providing supplies and staff to Exchange Works, the private clean needle program in Richmond. At first, Contra Costa will shift resources to the program, said Dr. Wendel Brunner, the county public health chief. As it expands into other parts of the county, he said, "we will be back to the board for the costs."

Contra Costa supervisors directed staff to carefully document results of the program. A county report said needle exchange would not encourage drug use, but would steer some users toward treatment. This was disputed by several speakers, however.

As many as 25,000 dirty needles are now exchanged for clean ones each week

in programs in Berkeley and Oakland, run primarily by volunteers using private funds. The city of Berkeley provides \$30,000 annually to the program for needles and other costs.

Alameda County has given about \$250,000 annually to support the Oakland program, but not specifically by providing needles. Instead, it provides such items as AIDS testing, condoms, bleach, cotton balls and AIDS- and drug-prevention literature and education.

But Dr. Arthur Chen, the county's health officer, said he will ask the board in January to increase the funding to \$500,000, to pay for needles and additional staffing. Supervisor Keith Carson said the cost pales when compared with the \$34,000 annual cost to treat a single AIDS patient.

"These are individuals who are already sick and using drugs," he said. "If they could I'm sure they'd take back the life they had. I don't see this as encouraging anything."

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Orlando	\$127**	Tampa	\$127**
Cleveland	\$150*	Detroit	\$112
Philadelphia	\$113	Columbus	\$144*
Boston	\$121	Jacksonville	\$147*
Houston	\$136*	Denver	\$111
Atlanta	\$152	Charlotte	\$110
Pittsburgh	\$110		

INTERNATIONAL

Sample Discounted Fares from San Francisco

DESTINATIONS	Fare	DESTINATIONS	Fare
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Mexico City	\$125		
Tel Aviv	\$280		

* Ticket by Monday December 21 (EST)
** Ticket by Monday December 27 (EST)
* Fare includes taxes and fees. Fare is not guaranteed until ticketed. Subject to availability. Advance purchase required. Minimum stay 7 nights. Maximum stay 14 nights. Fare is non-refundable and may require a service charge along with an additional collection for any changes. Airline rules and regulations apply. Baggage and travel restrictions may apply. *Fares may not apply to all destinations. **Fares may not apply to all destinations.

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Opinion

VIEWPOINT

Social inequity of providing free parking at transit stations

By Ken Bukowski
VICE MAYOR OF EMERYVILLE

The provision of free, or subsidized automobile parking at transit stations, paid for by the transit operator, could be considered a social injustice issue.

The cost of providing, and maintaining automobile parking facilities is a sizeable expense, paid for by transit riders. It is an exclusive benefit to the people who drive. Each time transit money is spent on auto-related expenses, it increases the cost of operating the transit system. Higher operating costs for transit means less service, higher fares, and reduced transit ridership.

The people who are most impacted by the provision of free parking at transit facilities are those who can least afford it.

If a transit fare is increased by 50 cents and results in decreased ridership, is it safe to assume the drop-off in ridership is directly related to the higher fare?

The majority of lost riders would likely be people who cannot afford the increased fare. A direct correlation can be made between the provision of free parking, and the transit fares necessary to pay those expenses.

The resulting financial impact of increasing or decreasing the fare affects those who are on the economic borderline of being able to pay the fare. It is a matter of social justice to make transit affordable to as possible. There is a definite inequity for transit riders, who do not drive, and must pay for auto-related expenses.

When you think about it, there is an entire segment of our needy population, who can't afford to use transit because the fare includes the cost of paying for parking spaces for the more affluent transit riders.

If we take BART as the prime example, some 43,000 people park in BART's free parking lots every day, a number that is growing. The burden of paying for those parking spaces is unfairly passed on to all transit riders who use the BART system.

In every situation where a transit operator owns/maintains parking facilities at a transit station, the operation and maintenance of the parking facilities should be an ineligible use for transit money. The parking areas should be sold or leased to private operators, so market rates could be charged. Or the property should be jointly developed. But in any event, the parking expenses should only be paid for by user fees.

If the provision of parking is essential to BART use, then BART can lease the parking lots so they are not an expense to the public. It may even be possible to operate the parking lots at a profit, and the proceeds used to make transit even more affordable, instead of less affordable as it is right now.

The impact of imposing a market rate fee for parking may accomplish several things:

- It will decrease the number of people who drive to BART (maybe?) a potential benefit to air quality.

- If the elimination of the parking expenses is translated into lower transit fares, the direct result would be an increase in transit ridership.

- If fewer people drive to the transit stations, that loss would be more than offset by the increased ridership at a lower fare.

- The economic group who are the most needy would receive the direct benefit of requiring the more affluent people who drive, to pay their own way. Is there any good reason why all transit riders must pay for parking lots when they don't use them?

- If a profit could be realized these funds could be used to subsidize transit, making transit more affordable.

As our region faces increased traffic congestion and air pollution, we should encourage more people to use transit. Every effort should be made to keep transit fares as low as possible. Charging for parking is one way to accomplish that

There is a definite inequity for transit riders, who do not drive, and must pay for auto-related expenses.

important goal.

Additional examples of inequity

AC Transit Transbay Bus fares are higher than they need to be, making the service unavailable to people who could otherwise afford it. The Metropolitan Transportation Commission (MTC) requires the Transbay Bus fares to be as high or higher than BART fares.

This ensures that neither transit agency enjoys a competitive edge.

The only real result of that policy is that it increases the cost of the fare, making it unaffordable to the borderline economic segment of our population.

Increased fares for CalTrain

CalTrain riders are going to jump out of their skin when the BART-to-SFO extension is completed. Once BART is operational to Milbrae, MTC is likely going to require that CalTrain fares be equal to, or greater than, BART fares. For the same reason, it requires AC Transit to maintain bus fares comparable to BART's transbay fare.

The cost of riding CalTrain from Milbrae to San Francisco will likely double because of the BART extension. Soon, CalTrain riders will essentially pay for BART parking lots, and that will subsume the cost of paying for CalTrain parking facilities as it will be overwhelmed by the increased CalTrain fare.

The economics of paying for a transit system should not be derived by causing increased transit fares on those transit systems that operate more efficiently. We are depriving the transit rider all of the benefits derived from a cost efficient operation.

Costs associated with providing free BART parking.

Costs include: (a) acquisition of land for parking lots, (often by condemnation); (b) sometimes the building of a new parking structure, (Milbrae will have a new 3,000-car parking structure); (c) maintenance of the parking facility, i.e. maintaining painted curbs, parking spaces, and signage; (d) sweeping the parking lots; (e) provision of liability insurance for the facilities; (f) cost of utilities for parking lot lights, water and sewerage; (g) the majority of the cost of BART police, whose primary duty is to patrol the parking lots, not the trains.

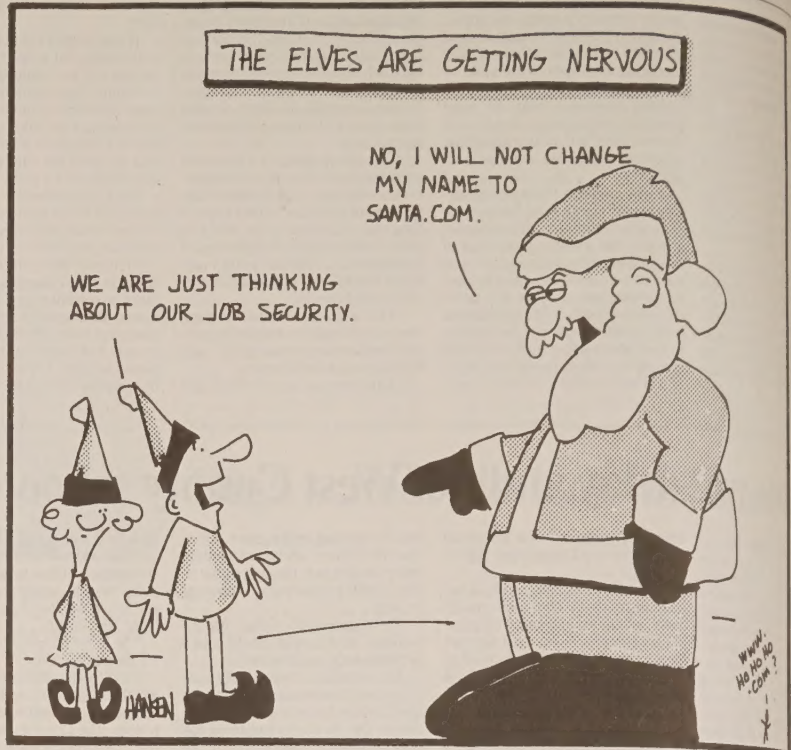
Most of the crime on BART property is actually committed in the parking lots. BART Police drive from parking lot to parking lot, and by comparison, seldom use the trains.

BART Police expenses include: (1) Starting pay for a BART Police officer is around \$80,000 annually, plus retirement benefits; (2) As an independent police agency, BART must pay all the costs related to the arrest and prosecution of offenders who commit crimes on BART property. These expenses are jail time for the offender; booking fees, citation processing; court costs; court appearances by BART staff and witnesses; cost of investigations and case preparation; and attorney's fees.

If BART fares were adjusted such that all BART passengers did not have to bear the burden of BART's free parking policy, how lower could BART fares be? Parking lot operators could pay for their own security.

How many more people would use BART or Transbay Bus service, or soon to be CalTrain, if the fare is more affordable? Is there an issue of social justice and equity related to use of transit money to pay for parking? Who is being impacted by that policy?

As you can see, we can't allow this inequity to go on forever.



LETTERS TO THE EDITOR

Music program needs your support

Imagine a home, a community, or a school without music. It is hard to do, especially during this holiday season.

The good news is that the music program at El Cerrito High School is flourishing.

Committed and talented teachers, combined with great students, are doing incredible things under some pretty tough and challenging conditions.

Our music program currently includes a 60-member symphonic band, 45-member concert band, an award-winning jazz band, a growing choir, and West County's finest high school marching band. This year we will present four concerts, attend area festivals and the California Music Educators Association Festival. Maintaining and developing this program requires a lot of time, talent, volunteers and resources.

Unfortunately, the school district is unable to cover the majority of the financial needs of our music program. To continue these activities and to bring the joy of music to our community's students, we must reach out to friends and supporters in the community.

That is why we are asking for your financial support today. Your generous gift will help us buy essential items for our music program, such as music stands, sheet music, and band and choir uniforms. The list goes on, but we can assure you that your gift will be used for items the music program can use immediately.

With your help, we can continue building a truly excellent music department supported by great equipment and facilities. This holiday season, please consider making a gift of music to El Cerrito High School students of today and tomorrow. You'll be giving them a gift they will carry with them for the rest of their lives. It is tax deductible to the full extent of the law.

And we would like to send you a gift too! With your donation of \$50 or more we will provide you with two tickets to an upcoming concert, and a bumper sticker decal for your car or window to proudly display your support for this great program.

But the best gift will be the satisfaction of helping to build a meaningful education for the children and youth of our community.

We thank you for your consideration. May the sounds of joyful music fill your hearts and home this holiday season.

Margie Richardson
ECHS music parent,
Jesse Leyva
director of bands,
Kara Hubbard
choir director

Art form sacrificed to commercialism

Bill Mann's (Dec. 10) column, praising KDRC, deeply disappointed me. KDRC has every right to make a decision to play only that music which will make its owners the most money. And Mann certainly has every right to listen to (and praise) those stations which he enjoys.

But a radio critic should pay attention to

more than just who is making the most money and who is programming what appeals to him personally.

The people who miss KKHI and the old KDRC feel deprived of the opportunity to hear music that challenges the heart and the mind—music which the greatest composers of the ages wrote to express a vast range of profound experiences and insights—music which has come down to us as a precious legacy, a great art form.

As a critic, Mann should mourn the loss of any significant stream of expression on the air, whether it be public affairs, jazz, rap, classical music, or World Music.

His vision seems to be limited to only that which is most commercial, that which is selling the fastest, that which exploits the most people. Has he no higher ideals or hopes for the airwaves, which are, after all, owned by all of us?

True, KKHI and the old KDRC made compromises to stay alive. But they gave us some measure of depth and variety. The new KDRC has made clear to everyone that they intend to make no compromises whatever on their credo—namely money, and money alone. They are proud that they play innocuous music which the listener does not need to listen closely to.

Shame on Bill Mann for cheering them on.
Mitchell S. Klein
Oakland

New format stifling and unbearable

Bill Mann's Dec. 10 (column) praising the new KDRC misses the point. It is not classical music snobbery that makes people like me angry about the station's 10-minute snippets of Mozart and Vivaldi. It is the fact that KDRC has become stifling and unbearable. I've removed it from my pre-programmed car radio buttons. I actually prefer to listen to Santana, Cake, and Counting Crows on KFOG. Would Mr. Mann consider that elitist?

KDRC is correct in treating Mozart as a genius. But where are his full-length string quartets, his complete "Mass in C Minor"? I cannot live by "Eine Kleine Nachtmusik" alone; nor am I placated by the occasional cutesy harp concerto of some lesser composer. It's not just Bartok I miss, it's Schubert, Mahler, late Beethoven string quartets.

Imagine a television station that did nothing but air great plays. TV watchers who couldn't afford to go to live performances could expose themselves to everything from Aristophanes to David Mamet. Offbeat and experimental plays were aired, as well as works by Shakespeare, Ibsen, Pinter and others. Now imagine that the same station decided that it could attract more viewers by airing famous passages from Shakespeare: the balcony scene from "Romeo and Juliet"; Hamlet's "To be or not to be" speech. Full-length plays were no longer shown; only the familiar scenes—which make people feel comfy and literate—became the backbone of the station.

As a result of these changes, the station might well make more money. Does that mean literature lovers should be happy about it? Or that the station has been socially responsible?

When KDRC started broadcasting loud, vul-

gar ads several years ago, it was hard for me to imagine it sinking any lower.

Alas, the day has come. Perhaps under current market conditions it is impossible for station to make it without appealing to the widest possible audience. If that is the case, journalists ought to note with concern that public is now denied free access to any musical music that might increase musical literacy or reach more deeply into a needy population.

Instead of mourning our collective loss, Mann chooses to extol KDRC's commercial success under the guise of anti-elitism.

Lisa Braver

Packaging possible job for homeless

Yesterday, while waiting in line at the office, a lady ahead had a discussion with a mail clerk. Her package was poorly wrapped and she did not have the time to go home. Fortunately, the clerk had a roll of tape with which she used, but with a struggle because it was just a roll, without the dispenser and had to stick to itself.

Outside was a homeless man trying to get copies of the Street Sheet.

Why not give that homeless person a table or ironing board, a roll of wrapping paper and a dispenser, maybe a pocket knife or a pair of scissors, and he or she might have a constant thriving business, at least until there are fewer packages being mailed? A few of our papers might also be kept on hand to provide items that might break.

This is another idea from a guy who used to drive his boss up the wall with suggestions. Someone once said that "You can change the world if you don't care who gets credit for it." I say it's worth a try!

Charles S. Sabin

Variety is spice of music

According to Bill Mann's Media News column, (KDRC Rocks) Dec. 10, classical music station KDRC and a number of other classical stations in the country are now owned by the neville Broadcasting, based in Utah. These stations play and replay musical selections that are decent but rather limited repertoire of about 2,000 pieces. The managers of KDRC and sister stations are very proud of the financial success of their formula, and brag about it, which is their right. Unfortunately, any listener or critic who criticizes the programming is dares to propose that KDRC play some music from outside the magic list is labeled a snob.

Bill Lueth, KDRC's programming manager, has said repeatedly: "We've lost 10,000 listeners and gained 150,000 new classical listeners."

Mann obviously likes this kind of classical music. Mann likes KDRC's music format, which he obviously enjoys his privilege. But, it is also clear from reading his column that anyone who disagrees with "him" is likewise considered a snob. KDRC's dissatisfied listeners are not causing us just like good music of greater variety and scope than the station provides.

Mann owes us all an apology.

Robert A. Mann

Commission grapples with projected middle school cost increases

On Monday, Dec. 13, the school board met in special session to listen to new information regarding projected costs for construction of the new Richmond Middle School at the Harry Ellis Campus. The meeting was held in conjunction with the Citizens Advisory Commission on School Facilities.

Voters approved funding for the middle school as part of the \$40 million school bond, Measure E, passed in June 1998. Following review and recommendation by staff and the Citizens Advisory Commission on School Facilities, an architectural firm, DES/WLC, was hired to complete design of the middle school based on a prototype school the company had recently completed in Redlands.

In April, the board approved conceptual plans for the middle school based on estimated costs presented by DES/WLC of \$23.4 million.

In addition to Measure E bond funds, the district plans to apply for state funding for the project and estimates that we will be eligible for approximately \$6 million in state bond funds. In order to apply for state funds, final drawings and plans need to be submitted to the state.

Unfortunately, construction costs have been rising in the Bay Area in particular and throughout California in general.

The April cost estimates were based on a cost per square foot of \$80. However, DES/WLC reported earlier this month, a project they are working on in Redwood City bid at \$170 a square foot.

The bottom line is that the design and scope for the new middle school may have to be altered somewhat to fit new budget realities.

Fortunately, the Citizens Advisory Commission was able to meet right away and review options for the school. A subcommittee was formed which will be reporting back to the commission in early January for the board to take action soon thereafter.

The commission had originally recommended a 100,000-square-foot school and the board-approved design called for additional 14,000 square feet, bringing the total approved size of the school to 114,000 square feet. The architects had recently been projecting cost estimates based on a 126,000-square-foot facility.

As we look at the increasingly harsh economic realities and construction climate, we will probably be looking at a school closer to the commission's original recommendations.

Board meetings move to Kennedy High School

Beginning with its Jan. 5 meeting, the school board will begin meeting in the multipurpose room at John F. Kennedy High School located at 4300 Cutting Blvd. in Richmond.

I want to gratefully acknowledge the hospitality of the Richmond High School campus in hosting our school board meetings these past few years.

I look forward to the rotation to the multipurpose room at John F. Kennedy High School on Jan. 5 and the opportunity to make some important changes to our meeting

West County School Watch

By Glen Price

structure and format.

First, board and cabinet will be seated together on the floor allowing for closer interaction with each other and the public.

Second, we will reduce the quantity of items on the board agenda, allowing the board to focus on key strategic issues. At the Jan. 5 meeting, the board will hear from staff regarding responses to key personnel and facilities challenges at Kennedy High School.

Can't make it to the meeting? Regularly scheduled board meetings are broadcast live over radio station KEGC 88.1 and 97.7 FM beginning at 7 p.m.

Want to receive West County School Watch and other action alerts on local school issues delivered to your email address? Send the message "Subscribe" to pagklen@aol.com.

Glen Price is a member of the WC-CUSD school board; the opinions and views expressed in West County School Watch are his own and do not reflect official views or positions of the school board or WC-CUSD unless otherwise noted. Back issues of West County School Watch and other sundry items can be found on the West County School Watch web site: <http://www.igc.org/westcounty/>

Results of new middle school gymnasium air test due

Middle school officials await results of second sampling before deciding on reopening the building

By Kate Darby Rauch

ALBANY—Results from a second round of tests for toxins in the flooring of the new Middle School gym are expected next week.

Air tests of the gym were negative in November, but a sample of wood flooring came up positive for methyl bromide, a toxic pesticide and fumigant. The chemical had also been found in the gym air in a single test in October.

"We found methyl bromide in the flooring. It appears to be in the sub-flooring," Albany schools Superintendent Gary Mills said last week. "It's not in the air at detectable levels.

We're going to continue to air test." The second flooring test taken late last month was ordered to confirm the presence of the chemical.

The gym has been closed since the initial air test. Officials say they are not worried about an immediate health threat since recent tests show no methyl bromide in the air.

But they also say they won't know the full scope of the problem until they find out more about the flooring. Both the school district and the contractor say they never sprayed the chemical on the floor.

The district, the state Office of Pesticide Regulation and the Alameda County Department of Agriculture, are closely following the situation.

"The whole thing is a little unusual," said Jim Newey, an assistant agricultural commissioner for Alameda County. "I've been working with complaints about methyl bromide for 20 years and never encountered anything like this. It's all speculative. I'd be more comfortable speculating if I had some confirmed

results." Built last year, the 700-student campus opened in the fall. Consistent comments about strong chemical odors in the gym, and a few students reporting dizziness and headaches, prompted the district to conduct air tests in October.

One test found an elevated level of methyl bromide, typically used as an agricultural pesticide and fumigant for termites or other wood bugs.

The level was below the standards set by the state Occupational Safety and Health Administration for workplace exposure, but slightly higher than the American Conference of Government Hygienists' recommended level for exposure to children. The district held a meeting to discuss the results with parents.

High-level exposure to methyl bromide is marked by headaches, dizziness and vomiting. The chemical is a suspected carcinogen and neurotoxin, damaging to the brain. It can be used in the United States only under strict guidelines. It's most commonly used as a vapor or gas and dissipates with time.

Kaiser to raise emergency visit fee

The \$35 fee for most patients is in line with other HMOs, is intended to steer members into less costly urgent-care clinics

By Carolyn McMillan

Kaiser Permanente in January will begin charging its members \$35 for emergency room visits, a sevenfold increase from its \$5 co-payment that many members pay.

The change is designed to get patients out of emergency departments and into urgent-care clinics for less serious medical conditions, Kaiser officials said Tuesday.

But critics charge that the steep increase could keep lower-income patients from getting critical care when they most need it.

"Some people will be deciding between groceries and health care when they're sick and feeling their most vulnerable," said California Nurses Association Executive Director Rose Ann DeMoro.

She said it was particularly bad news that Kaiser elected to raise the co-payment just as the winter flu season gets under way. It's traditionally one of the busiest times of year for hospital ERs.

"People are getting less care and paying more for it," DeMoro said. "They've instituted all these gate-keeping practices that are designed

to frustrate people trying to use the system."

Kaiser officials said employer groups requested the higher emergency room co-payment as a long-term strategy to keep health premiums down.

The \$35 is waived if an ER patient is admitted to a hospital, according to Kaiser.

The HMO decided to make the change earlier this year after conducting an internal study that found increased co-payments would not keep patients from seeking medical treatment in an emergency, said Kaiser Permanente spokeswoman Lila Petersen.

"If members use urgent care instead of the ER (for non-emergencies), that's better for them and it's better for us, because their health costs will be kept down," she said.

The 1996 study analyzed ER use by 30,000 Kaiser members whose benefit packages had a higher co-payment than most Kaiser packages.

It found emergency visits dropped overall by 15 percent, without bringing a decrease in emergency room visits by patients with urgent problems.

Employers have the option of picking up the cost of the new fee, but few have elected to do so, said Christine Paige, Kaiser's vice president of marketing.

She said she was puzzled by the opposition of the California Nurses Association to the new price structure, which she said is in keeping with industry standards.

"We're coming more into alignment with the way employers want to see benefits structured," Paige said. "We changed in response to the market."

Retirees will also pay more for emergency room visits this January, from between \$5-\$7 per visit to \$20, which is standard within the Medicare market, Paige said.

Kaiser Permanente has roughly 6 million members in California, making it the state's largest HMO.

Premiums rose, on average, between 8 percent and 9 percent this year, depending on the employer.

Most other health plans increased premiums by a similar amount and say they are likely to do so again next year. Prices have been increasing since 1998, after several years of relatively flat costs.

ALBANY PTA NEWS

By Kay Weinstein

Attention: Scrip buyers

All Albany PTAs have now converted to electronic scrip. Safeway and Andronico's; we still sell paper scrip for Lucky's, eScrip is an electronic Scrip program where a supporter (you) registers any or all of one's MasterCard, Visa, Discover, American Express, MB, Debit or grocery loyalty (Safe-ty Club) cards for a \$10 annual fee.

Supporters then use their registered cards when paying for merchandise participating merchants. The merchant then donates a percentage of sale to your PTA. For \$10, you can sign up one school. If you have children in different schools and wish to split the profits between schools, you will cost an additional \$5 per school per year to cover accounting costs. Better yet, ask a relative or friend to sign up for the other school, so you won't have to split the profits.

To register your cards with eScrip, call 800-400-7878 Monday through Friday between 8 a.m.-8 p.m. For more information, check the Web site at www.escrip.com or call Linda Okamoto at 84782.

Following are the Albany school numbers for eScrip: Albany High School 136925439, Albany Middle School 8555444, MacGregor High School 263791, Marin Elementary School 851780, Cornell Elementary School 8920698, Ocean View Elementary School 851432.

Albany High School
SCRIP Orders: Safeway and Andronico's scrip must be purchased on eScrip (see above). We are selling Lucky/Albertsons and Natural Grocery scrip. Call Linda Okamoto at 84782 or Belinda Lum at 528-2429. E-mail belinda@ptalib.org or Belinda at 84782.

Attention: Online Shoppers. Support AHS by going to to access 125 merchants including Amazon.com. Use code for AHS is the zipcode 94606.

BONUS: send you e-receipts to Dec. 31 and AHS will

receive \$10 for every purchase plus a percentage!

■ Jan. 3, PTA meeting, 7:15 p.m., AHS library

Albany Middle School

■ SCRIP Orders: Safeway and Andronico's scrip must be purchased on eScrip (see above). We are selling Lucky/Albertsons and Natural Grocery scrip. Call Karen Moss at 526-2018 or Linda Okamoto at 525-6782. E-mail Linda at chopmilo@cho.org.

■ Jan. 6, PTA meeting, 7 p.m., AMS Library

Cornell Elementary School

■ SCRIP sales: Safeway and Andronico's scrip must be purchased on eScrip (see above). Lucky/Albertsons, Natural Grocery and Berkeley Bowl SCRIP for sale Wednesday & Friday mornings from 8:15-8:45, and Wednesday after school.

■ Jan. 12, PTA meeting, 7:30 p.m.

Marin Elementary School

■ SCRIP for sale Monday, Wednesday and Friday mornings before school, at both early and late bird times, and Wednesday after school. Orders can be placed in office at any time. Safeway and Andronico's scrip must be purchased on eScrip (see above).

■ Reminder: Please remember to save and turn in General Mills box-tops for education to office.

■ Jan. 13, PTA meeting, 7 p.m., Marin Multi-Purpose Room

Ocean View Elementary School

■ SCRIP for sale Monday, Wednesday and Friday mornings before school on playground. Ask for Kim Denton. Safeway and Andronico's scrip must be purchased on eScrip (see above).

■ Jan. 6, PTA meeting, 7 p.m., Ocean View Library

AUSD Board of Education

Jan. 11, regular meeting, 7:30 p.m., Cornell Multi-Purpose Room

AUSD District Calendar

■ Dec. 20-31, Winter Break, no school, Happy Holidays!
■ Jan. 3, 2000, classes start

Items? Call Kay Weinstein at 525-0363 or e-mail: kayweinstein@yaho.com

Ample parking available at Oakland Airport

Officials at Oakland International Airport say there will be ample parking for travelers during the Christmas and New Year's holidays in its on-airport lots.

Although the airport expects more than 450,000 passengers in the next two weeks, spokeswoman Cyndy Johnson said that because travelers are staggering their trips home, the kind of compressed travel schedules seen at Thanksgiving are not expected.

Travelers can call the airport's 24-hour parking hot line at 510-633-2572 for up-to-the-minute parking space availability.

Our apologies to readers for the absence of the El Cerrito police report in the past three issues. A computer changeover made new reports unavailable for two weeks. The situation was compounded last week when our reporter was ill.

PEOPLE

John A. Charvet

John A. Charvet has joined the United States Army under the Delayed Entry Program at the U.S. Army Recruiting Station, Richmond.

The program gives young men and women the opportunity to delay

entering active duty for up to one year.

The enlistment gives the new soldier the option to learn a new skill, travel and become eligible to receive as much as \$50,000 toward a college education.

After completion of basic military training, soldiers receive advance in-

dividual training in their career specialty.

Charvet, a 1998 graduate of St. Mary's College High School, Berkeley will report to Fort Benning, Columbus, Ga., for basic training Oct. 20.

He is the son of Darlene M. and John F. Charvet of El Cerrito.

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Origins of Christmas traditions revealed

Ah, Christmas! It's so comforting to get together with loved ones and observe those beloved traditions, whether it's decorating the Christmas tree or kissing under the mistletoe. But where did those traditions come from in the first place?

Let's start with the day itself. For the first two centuries after Jesus, nobody knew when his birthday was—or even cared. His death, not his birth, was what was deemed important. The church even declared it a sin to celebrate Christ's birthday "as if He were a King Pharaoh."

That began to change in the third century, as Christianity became more of a mainstream religion. But the date that was chosen for Jesus' birthday wasn't Dec. 25, it was May 20th.

Reason: The Gospel of Luke says that the shepherds who received the announcement of Jesus' birth were guarding their flocks by night. And in those days, shepherds guarded their flocks only in the spring, at lambing time. In winter, the animals were kept in corrals, unwatched.

But why the switch to Dec. 25? At the time, Christianity's main rival for the hearts and minds of the people was an Eastern religion called Mithraism, which worshiped Mithras, the sun god. Mithras' birthday was Dec. 25 (the Winter Solstice under the Julian calendar in use at the time).

So in a brilliant marketing ploy, the church stole Mithras' thunder by stealing his birthday. Instead of being the birthday of the Sun, Dec. 25 became the birthday of the Son. And the approved form of observing the occasion was a Mass: Christ's Mass—Christmas, for short.

Speaking of dates, there's been a great debate about whether we should celebrate the new millennium in 2000 or 2001, but I have bad news for both sides: They're both wrong. The new millennium actually started four or five years ago.

The foul-up can be traced to an astronomer named Dionysius Exiguus, who lived five centuries after Jesus. Counting backwards, he reckoned that Jesus was born in what we now call the year 1.

But most modern Biblical scholars think Jesus was actually born earlier, and the evidence is pretty convincing: The Gospel of Matthew says Jesus was born "in the days of King Herod," and we know from independent historical records that Herod died in what we would call 4 B.C. So if Matthew is right, Jesus had to have been born about four or five years "before Christ," if you'll pardon the oxymoron.

Over the centuries, other controversies have cropped up around Christmas. The festive aspects of the occasion have always made some people uncomfortable. After the Pilgrims landed at Plymouth Rock, one of the first things they

did was outlaw the "pagan mockery" of the observance. In 1659, Massachusetts passed a law making the observance of Christmas a criminal offense.

But by the next century, people were less uptight. George Washington inserted a clause into his employment contract with his gardener which said that he expected the man to remain sober throughout the year, with two exceptions: He was allowed to get drunk for two days during Easter and four days during Christmas.

Next up: Christmas trees. Thank St. Boniface, the man who brought Christianity to Germany in the seventh century. He was preaching a sermon on the nativity to a group of Druids, and he wanted to show them that the oak tree they worshiped wasn't sacred. To prove it, he cut one down. It fell with a mighty crash, crushing every shrub in its path except one—a small fir sapling.

Boniface—no fool here—seized on the happenstance and interpreted the sapling's survival as a miracle.

"Let this be called the tree of the Christ Child," he said. And so it has remained ever since.

German immigrants brought the Christmas tree to America. But it didn't become popular in England until 1840, when Queen Victoria married a German prince named Albert Von Saxe-Coburg Gotha.

That Christmas, Albert installed the first English Christmas tree in Windsor Castle. And the next year, almost every home in England had its own Christmas tree.

By the way, the custom of putting lights on Christmas trees was invented by the Protestant reformer, Martin Luther. He was walking through the woods one evening when he looked up and was awestruck by the blinking of the stars amidst the evergreens. When he got home, he recreated the scene for his family by putting a tree in the main room and wiring some lighted candles to the branches.

As for mistletoe, that comes from St. Boniface's old nemesis, the Druids. It was the sacred plant of Frigga, their goddess of love, which is where all that kissing business started.

Not surprisingly, the early church took a dim view of this. In the fourth century it forbade the use of mistletoe in any form, suggesting people substitute holly, instead. The pointed leaves of the holly bush looked like Christ's crown of thorns, and the red berries symbolized drops of his blood—which is how holly became a Yuletide tradition.

The ban on mistletoe continued into the Middle Ages. Even as late as the 20th century, some churches in England and America forbade wearing mistletoe sprigs or cor-sages during services.

As for poinsettias, we know exactly when they became a nativity tradition: 1828, when Dr. Joel Poinsett, the first American ambassador to Mexico, brought the flaming red plant to the states.

Christmas cards: It's long been a custom for people to write each other letters at Christmas time, but the sending of commercially printed cards didn't start until 1843.

That's when the first Christmas card went on sale in England. Designed by the well-known illustrator John Calcutt Horsley, it depicted a good deed—feeding the hungry.

It promptly provoked a storm of criticism from the British temperance movement, which objected to the fact that the poor people in the picture were not only being fed, but also given a bit of Christmas cheer to drink.

But the public loved them. They snapped them up as fast as Horsley could print them. The rage spread all over Europe. But they didn't become popular in this country until 1875, when a Boston lithographer named Louis Prang (aka "the father of the American Christmas card"), an immigrant from Germany, started printing them.

Santa Claus: Yes, Virginia, there really was a St. Nicholas. He was bishop of Myra, in Asia Minor, in the fourth century. He was known

for two things—his generosity, and his love of children. In fact, the church declared him the patron saint of children.

Santa didn't have a weight problem in the early days. He was depicted as a tall, slender man in red-and-white bishop's robes (the origin of today's Santa suit), wearing a bishop's miter on his head and carrying a 6-foot crozier.

Instead of reindeer, he was hauled around by a donkey. And instead of Gameboys and Beanie Babies, he left the children fruit, nuts, hard candies and wood figurines.

During the Protestant Reformation, anything that had to do with the Catholic Church, including saints, became a no-no. So St. Nicholas was banished from most Protestant European countries. Only in Holland did he continue to flourish.

Dutch children placed their wooden shoes by the hearth on Christmas Eve. The shoes were filled with straw for St. Nicholas' donkey to eat. In return, Nicholas would leave a treat in each shoe—the origin of our Christmas stockings. The Dutch called St. Nicholas Sint Nikolaas, which became Sinterklass—the name he had when the Dutch sailed to America and founded New Amsterdam.

In the 17th century, the Dutch lost New Amsterdam to the English, who renamed it New York. And Sin-

terklass became Anglicized to Santa Claus.

The rest of the Santa legend is due to Clement Clarke Moore and Thomas Nast.

Moore was a theologian who composed "The Night Before Christmas" in 1822 as a poem to be read to his children. He was the one who invented the reindeer (all except Rudolph), the belly that shook like "a bowl full of jelly," and all the rest.

Curiously, Moore didn't admit to being the author for more than 10 years. He thought writing a child's poem might damage his professional reputation. By the time he came out, of course, every child in the country could recite it by heart.

Thomas Nast was the one who gave Santa his look. Nast was the greatest cartoonist of the 19th century. It was he who invented the Republican elephant and the Democratic donkey. In 1863, at the height of the Civil War, he drew a cartoon of Santa that transformed the slender bishop of Myra into the roly-poly Santa we know today.

As for Rudolph, he began life as "Rollo, the Red-Nosed Reindeer." Then they tried "Reginald, the Red-Nosed Reindeer" before they finally settled on Rudolph.

Rudolph (or whoever) was invented in 1939 by Robert May, an advertising copywriter at Montog-

A Christmas journey

"Jews don't celebrate Christmas," my mother reminded my sister and me every December. But we wondered. If that was true, what about the man who belonged to our temple and dressed up like Santa Claus to hand out candy canes at our school? What about the stockings we hung on Christmas Eve that were filled with trinkets the next morning? And what about the family dinner we always had on Christmas Day?

But according to my mother, that wasn't celebrating Christmas. Celebrating Christmas was public displays, like lights on the house or a wreath on the front door or a Christmas tree.

Christmas scared her. She was afraid the glamour of Christmas would turn her Jewish children into Christians. You can't escape Christmas, and there's no holiday on the Jewish calendar that compares with its glitz, glitter and abundance.

She was of the World War II generation, those who knew it was easier and safer not to be Jewish.

But my sister and I didn't see it that way. We just saw it as one big celebration that we were excluded from for no good reason. "Look," we'd say spotting a house with a Christmas tree in the front window. "They have a Christmas tree and they're Jewish."

"It's wrong," our mother said dismissively. "Jews don't celebrate Christmas."

It wasn't until I was well into adulthood that I got my first Christmas tree.

I was married to a non-Jewish man and, although he had no connection with his religion, this was his holiday and my excuse to finally celebrate Christmas.

That first year, I surprised him by decorating a tree. It wasn't ex-

actly the egg nog, crackling fire in the fireplace, warm and cozy experience I expected. For one thing, I didn't do it alone.

For another, it was fraught with disasters, like ruined kitchen knives from removing lower tree limbs, shattered glass balls, splinters and cuts on my hands, and a living room floor covered with tinsel, pine needles and broken lights.

Rather than a work of art, the final product was a listing, unbalanced, rather shabby looking tree. But I had started something, and once we had children, celebrating Christmas became a hard pattern to break.

My mother's words kept coming back to me. And like her I worried that Christmas would lure my children away from Judaism. They did, after all, have another option that would mean not having to spend months studying for a Bar and Bat Mitzvah. Or fasting on Yom Kippur. Or not eating bread or other leavened products during Passover.

Once the novelty wore off, celebrating Christmas became an emotional burden for me.

I didn't feel right about it. I felt like a fraud buying Christmas decorations, like a minor pretending to be an adult to buy a pack of cigarettes. I tried to create my own Christmas tradition by baking Christmas cookies, making gingerbread houses and establishing procedures for when and how presents would be opened.

One year I went caroling with friends. For the first time, I really listened to the words of the songs. These were religious songs—"Christ our savior is born" and "Herald to our newborn king." I felt uncomfortable, moved to the back of the group and stopped singing.

That night I got a new appreciation of Christmas. It wasn't just



RONNIE CAPLANE

Under Construction

rampant retailism, colored lights and elaborate decorations. It was a religious celebration. And it wasn't mine.

I never bought another Christmas tree after that.

My husband took on that job. But every year it arrived a little later and was a little smaller until one year on Christmas Day, he dragged a pine branch in from our backyard, put some tinsel on it and

pronounced it a Christmas

tree. The next year, I imagined that we stop celebrating it.

It was fine with my husband. In fact it was a relief. His memories of Christmas were particularly happy ones. His children's response surprised me.

"That's a good idea," said. "It's not really our holiday anyway. We have Hanukkah."

My children knew who we were. Now we enjoy Christmas onlookers and even have a Christmas Eve tradition of right—Chinese food and

Program needs new children's books

In an effort to help young students build their reading skills, UC-Berkeley Chancellor Robert M. Berdahl and the mayors of San Francisco, Berkeley, Oakland and Richmond are asking Bay Area residents to donate new children's books this holiday season.

The books would be used in UC-Berkeley's AmericaReads literacy program, which serves elementary school students in low-income schools in the Berkeley, Oakland, San Francisco and West Contra Costa school districts.

At the end of the school year, the new books would be given to every student as an achievement award. The book drive is now under way and continues through Jan. 8.

This is the second annual book drive for the AmericaReads program run by the campus's Berkeley Pledge program, a partnership among UC-Berkeley and Bay Area school districts that is aimed at starting kids out on a

strong academic path. New children's books may be dropped off at the administrative offices of any of the school districts served by the Berkeley Pledge's AmericaReads program. Books may also be dropped off at Berdahl's office at 200 California Hall at UC-Berkeley.

Last year's drive, which targeted the UC-Berkeley community, garnered more than 350 books worth more than \$5,000.

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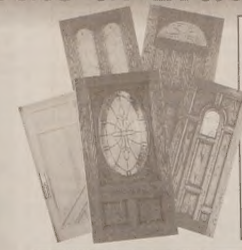


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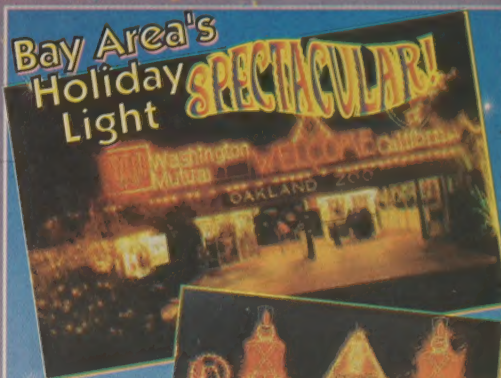
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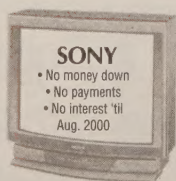
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Hong Kong bugs out for the Millennium

Spiders, bugs, and ants... Oh my! The streets of Lan Kwai Fong in Hong Kong, throughout the month of December, will be decorated with giant spiders, bugs, roaches, larvae, ants and other creepy crawlies, as part of the destination's exciting millennium celebrations.

Chefs from more than 70 restaurants in this Central District area will slither to their saucepans to prepare tasty treats such as Larvae Lime Pie, Legs Benedict, Ant-I-Pasts, Beetlejuice, and Pesticide Punch among other theme specialties.

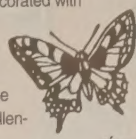
Bugs invade Lan Kwai Fong on December 31, 1999, with a nest of parties buzzing in the area, complete with theme decor, special menus, costumes and late night dancing into the next millennium.

Diners may enjoy the Annual Bugs Ball at Cafe Des Artistes (852-2526-3880), a RAID Party in the neon world of bugs at California restaurant (852-2521-1345), and a Butterfly Parade in the celestial environment of multi-colored butterflies, screens and mobiles at China Lan Kwai Fong (852-2536-0968).

The love bugs are out! Baci & Bad Pizza (2801-5885), with the out in Ladd Street while the bees are out in Ladd Street. Submarine Park (2525-1889), which decorated in gale low, and the ants in Indochine 1929 (852-2660-0999).

of potholes for a left the pulsating streets the tunes of The Beatles and other classic. Bees swarm in party at Tiki Bar (2525-1889), which decorated in gale low, and the ants in Indochine 1929 (852-2660-0999).

In addition to the Hong Kong has organized of activities, beginning 1999 and continuing February 2000, including World's Largest Tea Party of the Century and Solei's Salimbarco among other events.



Correction

In the December 3rd, 1999 "Festival of Lights" Tabloid, the two featured were written by Karen Harley and Myra Kaplan. The article appeared in the Newsletter Yachatz which is published by Atlanta Books, Gifts and Arts. This is also where the gifts mentioned are chased.

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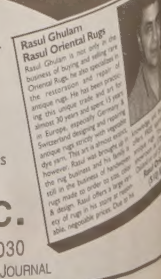
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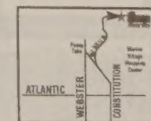
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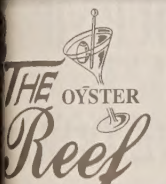
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Former council member makes case before City Council for dry cleaners

By J.R. Deaton

EL CERRITO — The Great American Dry Cleaners situation was again before the City Council this week, as was attorney and former Councilman Norman La Force, who spoke to the council representing the store's owners.

La Force praised owners Jung-

soon and Jaik Koo and said their current lease and the Plaza owner agreements do not prohibit on-site dry cleaning.

He noted that the Kooos have "environmental liability insurance to cover any potential claims" and said insurers would not have offered insurance "at any price, let alone a reasonable one, if there are significant

liability issues."

La Force said the recent environmental testing on the premises showed "insignificant traces of any substance" and that the business "had no hazardous substance contamination."

La Force said Plaza owners have not shown the Kooos "anything from their insurance carriers or those of

the new tenants" that support their claims of liability.

"Indeed, none of the existing tenants have stated that their carriers will refuse to re-insure them if James and Jennie had on-site equipment, even though such insurance is usually renewed yearly," La Force said.

In a letter dated Dec. 17 from

Plaza General Manager Janet Jolley to the Kooos, Jolley states "unfortunately our liability with regard to future exposure to lawsuits prohibits us from renewing your lease as it currently exists."

The letter continues: "Our insurance company and the insurers of tenants coming to the El Cerrito Plaza will not allow an on-site clean-

ing plant in this area. Most specifically, our partner, Albion, the dry cleaning facility." The Koo's current lease expires March 31, 2000. La Force said he would like to discuss how the city and Cerrito business can work

Cleaners

FROM PAGE A1

ity. The chemicals are actually not used on site."

At the same City Council meeting, Jungsoon Koo said that without the on-site cleaning machine their business is "almost nothing."

Bilak was unavailable for com-

ment this week, but Plaza General Manager Janet Jolley said contaminants were found in groundwater by environmental testers. "There were some contaminants, we don't know whether it was her cleaners or the cleaners before," Jolley said. "We are happy to renew her lease, but she cannot have the plant on site."

Because of liability reasons, Jolley said, on-site cleaning plants will

not allowed in most shopping centers in the future. She said restaurant facilities may be contaminated during a flood if chemicals are in the rising groundwater. "The restaurants can sue for lots and lots of money and the liability is just too great," she said.

Of the large tenants coming to the reconstructed Plaza, Jolley said "their insurance companies and their legal

departments will not let them sign any leases in any shopping center where there is a chemical plant, a cleaning plant, on site." She said tenants have signed leases to come to the new Plaza, but with the stipulation that there will not be on-site dry cleaners.

Jolley did not know what contaminants were found, but she said a report was given to Bilak last week.

"I don't have a copy of it yet," she said. Jolley said she hopes the Kooos renew their lease and continue business at the Plaza — with their cleaning plant moved off site. "She's a very good tenant; we like her a lot. They do a very good business here — they bring in a lot of people and we would hate to lose them, but it is a liability issue," Jolley said.

Last weekend, Jungsoon Koo said

that more than 100 days had signed for the on-site dry cleaning. "Without the machine, we're going to do it," she said. "The landlord says the premise dry cleaning at Plaza. Without that, we have to leave. Please business," the petitioner

Parking

FROM PAGE A1

owed by long-standing disputes regarding behemoth zoning regulations and what some consider an inconsistent pattern in enforcing such rules.

City efforts to attract more merchants to Albany, limited residential and commercial lot sizes, and efforts to preserve a small town ambience have pitted developers and relatively new home owners against those who disagree with provisions of the code but believe it should be changed, not ignored.

Also at issue are tough off-street parking requirements for those who add-on to existing homes.

In what may be a harbinger of things to come, the council voted 3 to 1 to grant Sutton parking exemptions, allow him to build the addition to his home, and maintain intact a strip of land beside the house and a section of his backyard.

As he appealed to the council to allow his plan as originally approved, Sutton described his backyard as a "wonderful pastoral setting," and argued that "paving over a great por-

tion of that would severely restrict our outdoor living space."

Though Zoning Commissioner Evan Flavell sympathized with Sutton, he criticized the methodology used by the commission to approve the parking exemption.

"If you want to change the zoning code, you should do that," Flavell said. "I just don't agree with the inequitable application of the code as a way of changing it."

Flavell presented a 35-minute rebuttal to the zoning commission's ruling and a subsequent report prepared by city staff regarding the decision.

Flavell's point-by-point presentation cited dozens of what he considered to be violations of the hotly contested book of statutes.

The zoning commissioner said his presentation also represented the views of McManus.

"The greatest complaints about the code come from the very people who have the greatest responsibility for enforcing it," Flavell said, referring to other members of the zoning commission. "If those commissioners have a problem with (the code), they should change it. Otherwise, enforce it."

"If people would like to implement a change in the zoning law, they should do it by the appropriate public process," countered Steve Brokken, who is also a member of the Planning and Zoning Commission.

"Taking individual applicants to task and placing them in the middle of such (rulings) is not the way to handle these matters. In my view it is an attempt to change the direction that the city is going with its codes and regulations," Brokken said, adding, "I didn't view this as an application that warranted an appeal."

At least 20 friends and neighbors of the Sutton family attended the council meeting, and several addressed the council on their behalf. Several in attendance questioned if there was a "hidden agenda" behind the appeal.

"They are going from a very small house to a small house," said Tom McKone, a neighbor of the Sutton family.

McKone said the community strongly backs the planned addition, adding that 39 neighbors signed a petition supporting the Sutton plan.

"This seems to be an issue before the City Council," McKone said. He said he understands the need to challenge the code, "But why randomly select a test case?" he asked.

One neighbor said the debate reminded her of the lyrics of a Joni Mitchell song that goes, "They paved paradise and put up a parking lot."

Others suggested that if the code in its current form is consistently enforced, middle-income families could no longer afford to live in Albany

given the expenses involved in providing off-street parking.

Residents are required to provide additional off-street parking only if they make a significant addition to their property, according to current guidelines.

Because of the smaller size of many older Albany lots and homes it has been a recurring issue over the years.

Councilman Allan Maris said his colleague McManus favors changing the zoning code, but believes that until such changes are made, laws on the books should be enforced.

Ultimately, the council voted 3 to 1 in favor of the Sutton plan, Council members Thomsen, Maris and Mayor Jon Ely in favor, Councilman Robert Good opposed.

Signs of change

During the Dec. 20 meeting, the council also unanimously approved the second reading of an ordinance granting the community development director — also known as the planning director — the authority to "grant design review and sign approval."

The move, designed to speed up the sign application process, will include permits regarding fascia and projecting signs, and changes of message and awnings, "except when elements conceal significant existing architectural elements," according to the staff report.

Ann Chaney, the current director, will have the authority to make such decisions without consulting the Planning and Zoning Commission except in cases considered "contro-

versial." All decisions must be reported back to the commission, however.

The City of Albany's Annual Financial Report was also approved by unanimous consent of the council and can be examined by the public at the Albany Public Library.

In other news

During the "good of the city public forum," Dario Meneketti announced that Monday night's meeting marked the 28th year that he has attended every meeting of the council without fail.

Meneketti, Albany's venerable caretaker and outspoken critic, turned 85 on Tuesday, and playfully suggested the celebration of his birthday would be marked by an unusually large and bright full moon due to the lunar perigee — a time

when the moon is closer and perilous, when the bit is closest to the sun. He also said the winter solstice is the longest day of the year.

Dan McMullen, who himself is a member of the council that has been elected to the council, said he would like to pony up an \$25,000 to the city to fund already existing vouchers for the homeless.

McMullen, who is a member of the council, said he would like to pony up an \$25,000 to the city to fund already existing vouchers for the homeless. He said he would like to pony up an \$25,000 to the city to fund already existing vouchers for the homeless.

Chief

FROM PAGE A1

der East Bay Regional Park land to the east.

"We're going to continue to work to get a fire break between parkland and the communities," he said, referring to recent efforts in both areas to create a natural fire break along the ridge line where the park borders homes.

Another challenge, as well as a

strength, Scott said, is the relatively young age of the 37-member fire department. A slew of recent retirements and new hires has created a crew with a median age of about 30, he said.

"We have a young department. They're vital and eager and it's a pleasure to lead it," he said.

Scott is a graduate of Salesian High School in Richmond, Contra Costa College in San Pablo and St. Mary's College in Moraga. He's taking classes in fire service management at Cal State Long Beach.

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When: 5:30-9 p.m., daily
Cost: \$5 adults, \$3 seniors, \$1 children
Call: 510-632-9525

LIGHTS and tigers and lions, too. The Oakland Zoo (above) is bedecked with 90,000 Christmas lights for its annual ZooLights tour, which continues through Sunday. The tour features illuminations, from grazing pink flamingos. Seven-year-old Matthew Epps (far left) and his family (above) are on a carnival ride at the Oakland Zoo. (left) appears around the zoo entertainment; and Nicholas Frederick (bottom) is on the ZooLight festivity train which runs through

In this joyous season, help stuff a stocking for someone less fortunate than yourself

For 87 years the Berkeley Holiday Fund has provided the city's most needy citizens with "a little extra" to brighten their holidays. The Fund's gifts have enabled unemployed parents to put presents under the tree, seniors to buy needed medications, low income families to afford a special dinner.

The Fund is an all-volunteer effort. With the exception of printing costs for the annual appeal, all money donated goes directly to needy individuals. Here's how it works. Each year 24 social service agencies identify clients in need of extra assistance during the holidays. The Berkeley Holiday Fund solicits funds from Berkeley residents and distributes the money on the form of checks for \$30-\$75 to approximately 800 individuals and families. Last year's recipients included a disabled grandmother caring for three grandchildren, a single mother with AIDS, and a low income family trying to get off welfare.

Please join us in brightening the holidays for those who are struggling and in need. Send your tax-deductible contribution to:

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Real Estate & Home

The Montclarion, The Piedmonter, The Berkeley Voice, The Journal

December 24, 1999

Section B

Dian Hymer Get a handle on which inspections seller ought to order [B3]

Weekly Sales Follow the numbers that shape our market [B8]

Classified Buy it, sell it, trade it inside [B9]



THE TROUBLE WITH A BORING FAMILY ROOM with a fantastic view is that when it gets dark, you are left with a boring family room. This room creates its own fantastic view, day or night. The combination of built-in bookshelves flanking the big-screen television and direct-vent gas fireplace offers plenty of eye appeal. Above the built-ins are art niches that complete the view. Can lights built into the niches illuminate art, pottery or flowers. Media walls like this have become a must for family rooms in new homes nationwide and have also become popular remodeling projects. Designing a place for a television in a family room seems logical now, but it is a reflectively recent phenomenon.

HOME STYLES/ASSOCIATED PRESS

Oakland public spaces thrive

Bay Area residents enjoy 'jewels' of history

Part three of four parts

Oakland's public parks and recreation facilities have their formal origins in the early 1900s. Organizers held the first meeting of the Oakland Playground Association and the first meeting of the Parks Commission in 1909. None of the major city parks yet existed, and most of the land that was to become part of the city's parks system was still under private ownership.

In 1912, Mosswood Park, the first of Oakland's "social centers," opened to the public. Mosswood Park is a four-block square facility located at the corner of Broadway and MacArthur Boulevard. It is part of what was once a much larger estate known as Mosswood, which had been established by a Mr. Moss, who emigrated from New England in the 1860s.

After Moss's death, most of his lands and the family house were deeded to the city. Oakland's then-Mayor, Frank E. Mott, a progressive, decided to create a city park out of the Moss family's generous bequest.

See WILSON, Page B8

Creating a Place of History



By Mark Wilson

The past comes to life in visions of community realized in deed

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- Part two: East Bay parks set stage for life, fiction
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A: Your neighbor isn't the first homeowner to act as his own remodeling contractor for a renovation project or even in building a home. You should be aware, however, of what is involved in taking on such a job before you decide whether it is worth it.

Here are some important points to consider:

■ Plan to spend at least 10 percent more for materials such as lumber and windows, and 10 percent more for labor. Most supply houses do not extend discounts for materials to the public.

Also be wary of buying materials for your project at home improvement stores. Prices often are lower, but the quality can be significantly lower, too.

■ Figure what your time is worth. Put an hourly price on your time and determine whether it is worth the hundreds of hours necessary to prepare for and run a remodeling project. Consider your family, personal time and energy. Are you willing to sacrifice anywhere from six weeks or longer and give up time and energy in order to avoid hiring a professional contractor?

■ Consider what quality and ef-

ficiency will be lost if you are not able to be on the job site during working hours. Hiring a reputable contractor can give homeowners peace of mind in knowing a superintendent or lead carpenter is inspecting the job on a daily basis, if not on the job full time.

Contractors are paid to monitor the work of the subcontractors, and are proficient in spotting inferior quality. Their presence allows for any unacceptable work to be done over in a timely manner, and with minimal effect on the schedule.

The pro contractor and his superintendent also will meet regularly on the job with the various subcontractors to review the scope of the project. These meetings help eliminate problems and keep the job on track.

■ Think about how you will coordinate your project and implement each part of it. Do you have the professional expertise to produce a time schedule and see that the subcontractors you hire adhere to it? Do you feel comfortable solving problems? Are you proficient in facilitating installation of appliance cut-outs, counter tops and cabinetry? Improper sequencing of tasks, such as failing to install all required rough-ins before hanging the drywall, is a major mistake that can extend completion time and increase the cost.

■ Are you proficient in thinking through transitions for floor elevations, such as the change from a tile floor in one room to a wood floor in the adjoining room? What about roof details or window loca-

tions? A significant consideration in remodeling projects is how the addition or remodeled area blends with original areas.

Professional architects and contractors are experts in planning for smooth transitions that result in pleasing and successful designs. In many cases, project requirements are not indicated on the blueprints and require someone knowledgeable to make these decisions.

■ Will you be able to hire subcontractors who possess a high level of expertise in their trade? Are you adequately versed in the field to know which subcontractors you should hire? Many subcontractors are hesitant to work directly for homeowners.

Mistakes on the job mean delays that can cost subcontractors money as well as the homeowner. Many times discrepancies arise, and a subcontractor can be blamed wrongfully. When a reputable contractor is in control of the project, he or she is able to assess the situation and determine where the fault lies. Subcontractors may charge the homeowner more for their services to compensate for possible inconveniences and delays.

All things considered, it could be less expensive to hire a reputable contractor than to handle the project yourself.

— Stephen Gidus,

PSG Construction Inc.,
Winter Park, Fla.

CALENDAR OF EVENTS

Ongoing

UC Botanical Garden Enjoy a free tour of the UC Botanical Garden at 1:30 p.m. Saturday and Sunday. Special-interest classes on a variety of subjects available. The garden is located on Centennial Drive behind the UC-Berkeley campus. Call 510-642-3343.

Credit counseling. Consumer Credit Counseling Service, a nonprofit community service organization in Oakland has a series of free workshops. Registration is mandatory. Call (800) 501-SAVE.

Discover Oakland's changing skyline, landmarks, churches and high-rises on one of the free guided walking tours sponsored by the city's Community and Economic Development Agency. Call 510-238-3234.

Sick plant clinic. Join University of California pathologist Dr. Robert Raabe from 9 a.m. to noon the first Saturday of every month for a free Sick Plant Clinic at the UC Botanical Gardens, 200 Centennial Dr. in Berkeley. Drop in with a piece of a sick or a dying plant and

Dr. Raabe will diagnose the problem. Call 510-643-2755.

Zero-down loans: Pizza seminar for East County families, second and fourth Wednesdays of the month at 6:30 p.m. at First American Title, 3397 Deer Valley Road, Antioch. Presented by Community Funding. 925-778-4500.

First-time home buyers seminar

Learn how to buy a house in East County for minimal or no money down, classes held regularly at American Title, 1210 Central Blvd., Brentwood. Call 925-516-5795 for schedule.

California Association of Residential Lenders Group meets the second Thursday of the month, Crow Canyon Country Club in Danville. 925-746-1847. Mortgage Brokerside House at San Francisco Design Center. 10 a.m.-5 p.m. weekdays through Jan. 28 Interior design exhibit of three homes. Free. See showrooms: 2 Henry Adams St., S.F. 415-490-5800.

Using government grants and loans to buy a home: Learn how to buy a home for \$2,000 or less down,

ENVIRONMENTAL DESIGN RESOURCES

A guide to some resources — stores, associations, designers, architects, contractors, books, Web sites — that may prove useful. Some of the names were borrowed from "Architectural Resource Guide," published by Architects/Designers/Planners for Social Responsibility, Northern California chapter 510-273-2428, P.O. Box 9126, Berkeley, 94709. A comprehensive listing of environmental resources, products, and services from around the country. The group is a nonprofit that offers information to design professionals and the public on environmental building issues. Lectures on building ecology monthly in San Francisco.

Information

■ **Air quality.** The California Department of Health Services Indoor Air Quality Section maintains an excellent Web site with thorough information about molds in the home, asbestos, the dangers of ozone generators, and more. www.cal-iaq.org/.

■ **Asbestos.** Check the federal Environmental Protection Agency's Web page, www.epa.gov/asbestos. Or call 415-744-1500.

■ **"Architectural Resource Guide,"** published by Architects/Designers/Planners for Social Responsibility, Northern California chapter 510-273-2428, P.O. Box 9126, Berkeley, 94709. A comprehensive listing of environmental resources, products, and services from around the country. The group is a nonprofit that offers information to design professionals and the public on environmental building issues. Lectures on building ecology monthly in San Francisco.

■ **"Consumer Guide to Energy Savings,"** published by the U.S. Department of Energy, 202-429-0063. <http://aceee.org>

■ **"The Ecology of a Book,"** published by the U.S. Department of Energy, 202-429-0063. A bookstore and resource for information on home energy efficiency. Fort Homes: 815. Smarter Energy. www.pge.com/smart

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New Real Estate Program can reduce fees and commissions by 50%

BAY AREA - www.Homes-Link.com a real estate company based in Alameda CA has developed a revolutionary concept in real estate sales called **Open Listings** which is guaranteed to save home sellers 50% while meeting all California Department of Real Estate rules and standards. The concept is so revolutionary that it has the larger franchise based companies up in arms and scrambling for effective ways to combat it. This program even out-discounts Costco, the king of discounts. For example: Costco's discount on the sale of a home priced from \$200,000 TO \$224,999 is \$1,775 while

Homes-Link will save the homeowner from \$6,000 TO \$6,749.97. On a home priced between \$300,000 and \$349,999, Costco's savings is \$2,800 and at Homes-Link the savings grows to \$9,000 - \$10,499.97. The savings continue to go up from there.

The program is deceptively simple. Sellers work along side their realtor in a partnership based program. The program is a fee for services rendered program rather than a flat 6% commission as is charged by conventional real estate companies. By using a fee for services based program, smart sellers in today's market are

enjoying sales prices in many cases over asking price in surprisingly quick order. This simple, easy to understand program has saved hundreds of home-sellers thousands of dollars in unnecessary real estate commissions, while allowing them additional dollars for their next purchase or for their retirement plans.

The Open Listing program has received rave reviews from scores of happy and satisfied clients throughout the east bay. For further information in your area call: 1-800-676-0467 ext. 931 Or log on at www.homes-link.com

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General Manager/Alameda Journal.....
Editor.....

Alameda 510-748-1688
Oakland, Piedmont 510-339-4000

Advertising Sales.....
Sales Assistants.....M.J. Honor, Joyce
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Get a handle on the inspections a seller ought to order

Real Estate Forum



By Dian Hymer

Lots can go wrong. Get it checked out in advance, or pay the price later.

have a pre-sale inspection report know the extent of their termite liability before they accept an offer. Sellers who don't have a termite report when they receive an offer can make their acceptance of the offer subject to approval of an inspection

report. But, this leaves the deal open-ended. If the inspection reveals more damage than the sellers anticipated, the deal might require renegotiation. Sellers increasingly order pre-sale home inspections, in addition to a termite inspection, before they market their homes to the public. A home inspection is more comprehensive than a termite inspection. Home inspectors examine the major systems of a home, such as plumbing, heating, and electrical, as well as the roof and the foundation.

An offer to buy a home typically includes an inspection contingency. This usually means that the buyers' offer is conditioned on satisfactory inspections of the property. The purpose of ordering a pre-sale home inspection is not to avoid an inspection contingency. Buyers should be

encouraged to complete whatever inspections they deem necessary.

A pre-sale home inspection report provides buyers with more detailed information about a property than they would otherwise have. The benefit to the sellers of having such a report, in addition to helping satisfy disclosure obligations, is that it increases the odds of negotiating a solid deal with the buyers.

Another benefit of having pre-sale reports is that buyers can make well-educated "as is" offers if they want to buy the property in its present condition. Let's say the sellers are planning to pay for \$10,000 of termite work. The buyers could pay \$10,000 less for the property if they buy it "as is" regarding the termite work. This relieves the sellers of having to get the work done, although

it might require approval by the buyers' lender.

Some sellers make repairs based on pre-sale inspection reports before putting their home on the market. This can result in a quicker sale and a higher selling price. If you don't have the time or money to repair defects, consider getting bids from licensed contractors for items that are likely to be of concern to most buyers. This will give buyers a realistic idea of what it will cost to correct defects.

Ask your listing agent to prepare a package that includes the inspection reports, contractors' bids and invoices for defects you've had repaired. This package should be made available to prospective buyers who should be encouraged to review the reports before making offers. This

way, if there's anything in the reports that the buyers find objectionable, it can be taken into account before an offer is made. This should minimize the need to renegotiate the sale price during the transaction which often occurs when inspection reports aren't available before buyers make offers.

Be sure to use local inspectors and contractors who are well-known and respected in the community.

Dian Hymer is a top-producing broker associate with Coldwell Banker in the Montclair/Piedmont office and author of "Starting Out, The Complete Home Buyer's Guide." Available in book stores or from Chronicle Books: (800) 722-6657.

Unless you live in Hawaii, homeowners' investments look rosy

Nation's Housing



By Kenneth R. Harney

"In scattered areas, the jumps are astounding..."

For a more accurate impression of housing appreciation, take a look at the year-to-year performance in major markets nationwide. The data all comes from the only federal agency that tracks house value changes — the Office of Federal Housing Enterprise Oversight. The agency uses a "repeat-sale" methodology that tracks a sample of nearly 12 million properties with multiple sale or refinancing transactions.

Only Hawaii's down

Measured over the past 12 months, the typical American house has appreciated 6 percent. The District of Columbia (up 13 percent), Massachusetts (up 11.7 percent), Minnesota and New Hampshire (both up 10 percent) were overperformers all year long, not just the third quarter. Following them are Colorado (up 9.6 percent for the year), Michigan (up 8 percent), New York (up 7.7 percent), Georgia (up 7 percent), California (up 6.7 percent), South Carolina (up 6.6 percent), New Jersey (up 6.4 percent) and Texas and Connecticut (both up 6 percent).

Slightly below the 6 percent national average — but still racking

up appreciation at least twice the rate of overall inflation — were houses in Nebraska (up 5.8 percent), Arizona (5.5 percent), Vermont (5.3 percent) and Washington (5.2 percent).

Only one state — economically stressed Hawaii — saw its house values decline (minus 4.6 percent for the year, minus 3.5 percent for the last quarter). New Mexico (up 2.4 percent for the year), Alaska and Nevada (up 2 percent), and Utah (1.8 percent) lagged behind the national CPI rate during the past 12 months.

For homeowners and new buyers who prefer a longer perspective on property investment returns,

here are the top housing-value markets for the last five years: Leading the pack are two states that have rebounded dramatically — Michigan (42.7 percent average appreciation) and Colorado (up 38.6 percent) in the '90s after challenging years in the '80s.

Next comes Utah, which, although the appreciation rate has cooled in the past year, has racked up a strong 36.5 percent over the past five years.

Tied for fourth place are Minnesota and Massachusetts (both with 34.8 percent gains). Next comes Oregon (up 34.3 percent), Georgia (up 31.8 percent), New Hampshire (30 percent), Arizona

(up 29 percent), South Carolina (28.5 percent), and Nebraska and Kansas (28 percent).

What's ahead?

During the past 60 months, the only state where the typical homeowner has experienced a net loss in property value is Hawaii, where houses have declined an average 15 percent. The rest of the country is firmly in positive territory — the national average gain has been 24 percent — during the past five years.

Looking ahead to the next few years, is it possible to identify emerging high-gain markets? Probably the best statistical pre-

dictor of near-future winners are markets that have underperformed the national index for years, but have heated up for local economic reasons during the past 12 to 24 months. Some good bets for that list: Look to the East — District of Columbia, New Jersey, New York, Connecticut — along with Texas.

Kenneth R. Harney is a syndicated columnist who is president of the Harney Corp., a publishing and consulting firm based in Chevy Chase, Md. Write to him c/o the Washington Post Writers Group, 1150 15th St., N.W., Washington, DC 20071.

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Prevention hcan help avoid emergencies

CORRODED washing machine hose, flickering lights and the faint odor of natural gas can be sure signs of impending disaster.

A corroded washing machine hose can be the cause of a flooded basement. Flickering lights are a signal that there is a problem with the electrical system. Potential causes of a problem could range from a loose connection to an overloaded circuit. Both can cause a fire. A gas leak could level a house. If you have natural gas in the air, there is a leak at a fitting that connects the individual pieces of gas pipe together or the gas line to an appliance. In either case, errant natural gas is a bomb waiting to go off. These disasters can be prevented with preventive maintenance. The first and most important step is being prepared for an emergency by knowing where and how to turn off the water, gas and power to the home. All adults and teenagers in a family should have this information.

Water main
There are usually a couple of locations where the water supply to the home can be turned off. The first is at the water main. This is a large pipe with an analog or digital meter that is used to measure the amount of water you consume. A water meter can be virtually anywhere surrounding your home. It is generally below grade in a concrete box with a concrete or metal cover. The box is in the sidewalk or planter near the sidewalk. The lid can be opened by using a screwdriver or pry bar. In most cases, the lid is regularly opened and the utility company to turn the meter; thus it should be open in case of an emergency. However, the box is rarely opened so periodically to avoid the struggle in an emergency. The easiest means of turning off water at the water main is with a water meter wrench. It is shaped like a "C" with a slot at the bottom to fit over a lug on the valve. The wrench is made of steel and stands about 30 inches long. It requires more strength than people have.

On the House



By Morris and James Carey

A second location to turn off all the water to the house is the main water shutoff valve. This valve typically is where the main water line enters the home. This is at the outside wall of a home or in the basement. It is a gate valve that must be turned clockwise several rotations to fully close. No tools usually are needed to operate this valve.

There is another means of turning off water — the fixture shutoff valve or angle stop. Unlike the two previously mentioned valves, these control flow to a given fixture and not the entire house. These valves generally are at each plumbing fixture with the exception of a tub or shower. They are at toilets, sinks, automatic dishwashers and icemakers. A variation of this valve can be found at the clothes washer. A shutoff valve also can be found at the top of a water heater.

Shutting off gas

Gas can be shut off in more than one location. To turn off all of the gas supplied to your home, do it at the meter. Although the gas main can be virtually anywhere on your property, it typically is found at an exterior wall close to the street. The gas meter is used to join incoming gas from the utility company to the gas pipes that run to your various gas appliances. The meter is also used to measure the amount of gas you consume.

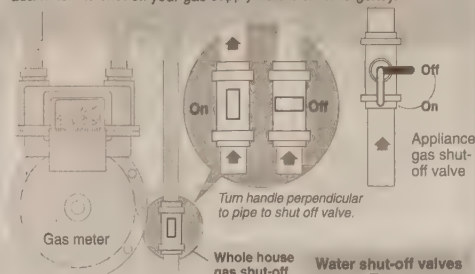
There is a gas whole-house shutoff valve on the pipe at the utility side of the meter. To turn the gas off to the entire house, turn the lug on the valve perpendicular to the pipe. An adjustable or open-end wrench can be used to operate the valve. We suggest attaching a wrench to the gas meter with a short length of chain. This will prevent the need to

Emergencies

Quick action is the key to resolving household emergencies.

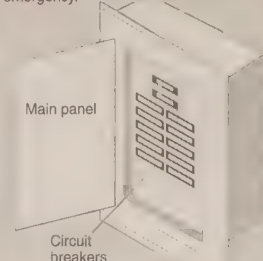
Gas leaks

Learn how to shut off your gas supply before an emergency.



Electricity shut-off

Know how to shut off all electricity to your home in case of a gas leak or other emergency.



search for a wrench in the event of an emergency. Gas lines are still filled with gas even after the valve has been closed, so lines should be bled before attempting any work.

If you suspect there is a gas leak at an appliance or the gas to an individual appliance needs to be turned off, close the appliance gas shutoff valve at each appliance. As with the valve at the gas meter, an appliance gas shutoff valve can be turned off by rotating it 90 degrees or at a right angle to the gas line.

Caution: If you suspect a gas leak, immediately turn off the gas to the house and call the utility company emergency service department.

Electrical power is supplied to a home via wires that are connected to a main service panel. The panel can contain either fuses or breakers, depending upon the age of the home and/or the panel. Often, if the main service contains only one

breaker — the main breaker — there are one or more secondary or subpanels that contain breakers or fuses that control power sent to various circuits throughout your home.

Use the fuse or main breaker in the main service to shut off power to your entire house. Pulling the fuse or tripping the breaker does this. If you wish only to turn the power off to a branch circuit (as when making a repair), trip the breaker or remove the fuse for that individual circuit.

Loose electrical wires can level a home. If you suspect a problem with your electrical system, call the service department of your local utility company or a qualified electrician to make an inspection.

Write the Carey Brothers, c/o the Associated Press, 50 Rockefeller Plaza, New York, NY 10020-1666, or e-mail them at careybro@onthehouse.com.

Fireplace adds more than just warmth to living space

Q: We spend more time indoors now, and we would like to add a wood-burning fireplace. We want one that is attractive, easy to install and produces real heat for our house. What designs do you recommend?

A: Many of the new super-efficient wood-burning fireplaces are truly beautiful. I use an attractive heat-circulating fireplace in my family room that heats most of my house. I also have a small pellet stove in my study/office, so my heat pump rarely has to come on in the winter.

Decorative surrounds and mantels, made of natural wood, stone, etc., are available to fit each model, or you can build your own. Some models offer 24-karat gold-plated or real brass doors and trim pieces. If you already have a fireplace, choose a decorative insert that slides inside it.

A peninsula model (three glass sides) is one of the most unusual designs, and will become the focal point of your room. It produces radiant heat in three directions, and your family will surely gather around it often.

For warmth in two rooms, select a see-through design that mounts in an interior wall. If space is limited, a corner (two adjacent glass sides) or a bay model that extends out just a little into your room are options.

For producing heat, a heat-circulating fireplace design would be your best choice. These fireplaces look similar to ordinary fireplaces, but some produce up to 80,000 Btu per hour of heat. For clean fresh room air, some models (Heat-N-Glo) have built-in air cleaner modules.

If you are just an average do-it-yourselfer, a zero-clearance fireplace design is a good choice. The unit is insulated and has multiple walls, allowing it to be mounted in standard wood framing for simplicity. If you are handy with tools, consider a masonry model.

Heat-circulating wood-burning fireplace designs incorporate natural air circulation to distribute heat. For more heat, optional blower kits are available that are easy to install. Some are held in place with magnets. Variable-speed blowers allow you to control the

Cut Your Utility Bill

By James Dulley

sound level, too.

I recommend an optional outdoor combustion air kit to fuel the fire. This not only reduces chances of backdrafting, but it also eliminates chilly drafts and improves overall efficiency. Without it, burning a raging fire in an efficient airtight house can cause a furnace and water heater to backdraft.

If you want to effectively heat several rooms, several models (Hussong and Wilkening) can be attached to ducts. These ducts can lead to another room or can be attached to your central furnace duct system.

Write for Update Bulletin No. 791, a buyer's guide of 11 high-efficiency fireplaces, styles, sizes, features, a firewood selector guide and wood heating evaluation worksheet.

Q: While I was at my home-center store yesterday, I saw some inexpensive faucet aerators that screw on the end of the faucet. How do they save water if I am filling a pot or the sink?

A: Aerators save water by mixing air with the water for a forceful flow using less water. If you are filling a container with water, however, it just takes longer and saves no water.

The savings are realized when you are washing your hands, dishes, etc. For these activities, the length of time that the water is on will be the same with or without the aerator. With the aerator, 50 percent less water is used.

To receive Utility Updates, send \$3 (checks payable to Dulley) and a self-addressed, stamped, business-size envelope to James Dulley, 6906 Royalgreen Drive, Cincinnati, OH 45244. For instant download, see his Web site at www.dulley.com.

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LINDA MCCLAIN

Wishing you the joy of the season!
THE GRUBB CO.
1960 Mountain Blvd., Oakland
(510) 339-0400 x 226



MINDY SCOTT

Wishing you a warm and wonderful holiday!
THE GRUBB CO.
1960 Mountain Blvd., Oakland
(510) 339-0400 x 215



SHARON & STAN HAMMOND

Wishing you Happy Holidays and an Exciting Year 2000!
WELLS & BENNETT
1451 Leimert Blvd., Oakland
(510) 531-7000



CLAIRE CUNNINGHAM

May peace and joy be with you in the coming year! Happy Holidays!
PRUDENTIAL CALIFORNIA REALTY
342 Highland Avenue, Piedmont
(510) 644-5434



JULIE NACHTWEY

Let me help you as your "Fire Home Specialist"
PRUDENTIAL CALIFORNIA REALTY
2 Tunnel Road, Berkeley
(510) 849-5303



JUDY CAIN

Happy Holidays and a Special Thank You to my Friends!
THE GRUBB CO.
1960 Mountain Blvd., Oakland
(510) 339-0400 x 209



MARIEDDA GRYNBALL & BOB RANDALL

Best wishes for the New Year!
PRUDENTIAL CALIFORNIA REALTY
2077 Mountain Blvd., Oakland
(510) 339-9290



GEORGIA RICHARDSON

May love, peace, health and joy be yours this Holiday Season!
RICHARDSON
REAL ESTATE SERVICES
4400 Keller Ave., Suite 240
(510) 569-3499 or (510) 433-9996



JACKIE CARTER

Wishing you all the joys of the season!
RICHARDSON
REAL ESTATE SERVICES
3500 Calandria Avenue
(510) 632-2539



KURT MEYER

Best wishes to all, and to all a great Y2K!
PRUDENTIAL CALIFORNIA REALTY
2077 Mountain Blvd., Montclair
(510) 869-4254



DOLORES THOM

May the joy of the Holiday Season fill your hearts and home.
PRUDENTIAL CALIFORNIA REALTY
3320 Grand Ave., Oakland
(510) 835-6080



CAROLINE PETERS

Wishing all my friends an incredible year 2000 and a home full of happiness!
PRUDENTIAL CALIFORNIA REALTY
342 Highland Avenue, Piedmont
(510) 644-5441



CHUCK CORWIN

May love and peace fill your heart and home. Happy Holidays!
PACIFIC UNION
1900 Mountain Blvd., Oakland
(510) 339-6460 x 353



RUBY NG, CRS/KAREN LUM

Season's greetings & many thanks to our clients & friends
COLDWELL BANKER
6137 La Salle Ave.
(510) 339-4779



PATSY BUHLER

Wishing you the Happiest of Holidays and a successful New Year!
WELLS & BENNETT
1451 Leimert Blvd., Oakland
(510) 531-7000



TRICIA SWIFT

Merry Christmas and Happy New Century!
TEMPLETON COMPANY
3070 Claremont Avenue, Berkeley
(510) 852-2133



ANNE VAN DYKE

Health and Peace!
TEMPLETON COMPANY
3070 Claremont Avenue, Berkeley
(510) 852-2133



ANIAN PETTIT TUNNEY, CRS

Joy to all!
THE GRUBB CO.
1960 Mountain Blvd., Oakland
(510) 339-0400 x 217



ADRIANA GIACOMELLI

Seasons greetings and happy thanks to my clients and special friends.
PACIFIC UNION
1900 Mountain Blvd.
(510) 339-6460 x 350

Holiday Wishes

From Your Local Realtors and Affiliates

In appreciation of our association during the past year, we extend our best wishes for a Happy Holiday Season to everyone.



RON KRISS

May the coming year be happy and prosperous. Happy Holidays to all.

LAWTON ASSOCIATES
4797 Telegraph Ave.
(510) 547-5970



MYRTICE LIN WONG

May the light and the love shine on you this season and always.

PRUDENTIAL CALIFORNIA REALTY
2077 Mountain Blvd.
(510) 869-4252



GRAZINA BIVINS

May good health, the joys of family & friendships, and a prosperous New Year be yours.

PRUDENTIAL CALIFORNIA REALTY
342 Highland Ave., Piedmont
(510) 845-8007



DEBBI DIMAGGIO

Happy Holidays and sincere appreciation to my clients, family and friends.

THE GRUBB COMPANY
1960 Mountain Blvd., Oakland
(510) 339-0400 x 227



JOSEPHINE O'SHAUGHNESSY

Good health & happiness always to all my friends & clients

THE GRUBB COMPANY
1960 Mountain Blvd., Oakland
(510) 339-0400 x 208



CONNIE ROGERS

May the magic of holidays, be yours throughout the coming year!

THE GRUBB CO.
1960 Mountain Blvd., Oakland
(510) 339-0400 x 204



PAUL TEMPLETON

Happy Holidays and New Years' greetings to all 2000 looks good!

TEMPLETON COMPANY
3070 Claremont Ave., Berkeley
(510) 652-2133 x 131



LESLIE EASTERDAY

Happy Holidays to all!

TEMPLETON COMPANY
3070 Claremont Ave., Berkeley
(510) 652-2133 x 134



BEBE MCRAE

Joy!

TEMPLETON COMPANY
3070 Claremont Ave., Berkeley
(510) 652-2133 x 145



RON EGBERMAN

Wishing you Peace and Prosperity for 2000!

TEMPLETON COMPANY
3070 Claremont Ave., Berkeley
(510) 652-2133 x 127



LESLIE AVANT

Cheers!

TEMPLETON COMPANY
3070 Claremont Ave., Berkeley
(510) 652-2133 x 122



GEORGE N. LEONARDOS

Season's greetings and many thanks to my clients and friends.

PNC MORTGAGE CORP. OF AMERICA
1990 N. California Blvd. #60
Walnut Creek, CA 94596
VM/Pager (510) 644-4324



D. A. HAMMOND, GRI REALTOR

May the joy of the season bring you happiness!

PRUDENTIAL CALIFORNIA REALTY
2077 Mountain Blvd., Oakland
(510) 869-4219



LOIS HARRIS

Warmest wishes to one & all for a Happy Holiday & a bright New Year.

PRUDENTIAL CALIFORNIA REALTY
3320 Grand Ave.
(510) 287-2521



KATHERINE COOPER

Season's greetings to all with best wishes for a joyous holiday!

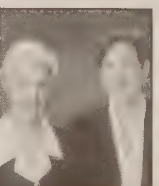
THE GRUBB CO.
1960 Mountain Blvd., Oakland
(510) 339-0400 x 211



GINI ERCK

Warm wishes for the holidays and for a bright New Year!

TEMPLETON COMPANY
3070 Claremont Ave., Berkeley
(510) 652-2133 x 133



**JUDITH GLASS
SHEILA SABINE**

Thanks for the gift of your business from the Glass/Sabine Team.

PRUDENTIAL CALIFORNIA REALTY
342 Highland Ave., Piedmont
(510) 428-0900



HEIDI TUGGLE

Happy holidays and many thanks to my clients and friends for your support in 1999.

WELLS & BENNETT
1451 Leimert Blvd., Oakland
(510) 531-7000



LINDA FOSS

May the magic of the holidays be yours throughout the coming year.

CALIFORNIA SAVINGS
1998 Mountain Blvd., Oakland
(510) 339-8933



TERI CARLISLE

Holiday greetings and 2000 wishes for a happy New Year!

PACIFIC UNION
1900 Mountain Blvd.
(510) 339-6460 x 305



RUTH MARICICH

Wishing you a prosperous 2000. Happy Holidays.

HILLS NEWSPAPERS
5707 Redwood Road
Oakland, CA 94619
(510) 339-4056



MARIE ALISON

Wishing you and yours warm holiday greetings.

HILLS NEWSPAPERS
5707 Redwood Road
Oakland, CA 94619
(510) 339-4046



M. J. HONOR

Seasons greetings to one and all!

HILLS NEWSPAPERS
5707 Redwood Road
Oakland, CA 94619
(510) 339-4058



JOHN SNYDER

Best wishes for a happy healthy holiday and 2000!

HILLS NEWSPAPERS
5707 Redwood Road
Oakland, CA 94619
(510) 339-4047



CHILDREN MAKE THE MOST of Oakland's park system. At top, students set off on a nature hike. Above, students 'sugar for moths' with a jar of 'yuck.'

Wilson

FROM PAGE B1

Mosswood Cottage

The most valuable cultural assets in Mosswood Park is Mosswood Cottage. Built in 1864 and designed by architect R.S.H. Williams, this is one of the finest Victorian "Carpenter Gothic" Revival cottages in the western United States. It is also the second oldest documented house still standing in Oakland. With multiple high-peaked gables lined with a wide array of scalloped and snaking barge boards, its steeple-like finials, and its oriel bay window above the Gothic-arched front door, this home creates a strongly Romantic image typical of mid-Victorian architecture.

The De Fremery House

The De Fremery House, at 1651 Adeline St. between 16th and 18th streets in west Oakland, is about the same age as Mosswood Cottage. It was built between 1863 and 1864 by James DeFremery, a Dutch immigrant who came to California in 1849 and later founded the first legal bank in the state. De Fremery gave the home and its grounds to the city in 1907; in 1910 it became Oakland's first municipal playground. Today, it is opened to the public as a recreation center and playground.

The DeFremery House is a rare hybrid of two Victorian styles, Carpenter Gothic Revival and Italianate. The high-peaked central gables lined with thin barge boards are Gothic Revival, while the Tuscan-columned porch running across three sides of the house and the round-arched windows in the gable, as well as the round-arched front door, are Italianate.

Lake Merritt

Oakland residents and visitors describe Lake Merritt as the city's brightest jewel. Anyone who has walked or driven along the shores of the lake around sunset and watched the setting sun shimmering off its waters understands why Oaklanders are so fond of the unique public treasure, this gem set into the center of the busy cityscape.

Lake Merritt as we know it was created in 1860, when Dr. Samuel Merritt and other civic leaders paid for a dam to be built across the narrow estuary between east and west Oakland. During the 1870s, builders gave rise to elegant mansions in a variety of Victorian styles along the lake's western shores, with each home surrounded by painstakingly landscaped gardens.

Today, only the Cameron-Stanford House remains to remind us of that once proud procession of grand residences. In 1906, under the leadership of Mayor Frank E. Mott, New York landscape architect Charles Mulford Robinson proposed that a park be created around the perimeters of Lake Merritt. Many of the current landscape features lining the lake were part of Robinson's plan.

During the years between the 1906 San Francisco Earthquake and the 1920s, most of the brick and stucco neoclassic apartment buildings along the streets immediately west of the lake were built. It was then that the lakeshore area lost its original Victorian character and took on its present-day Mediterranean architectural flavor.

In July 1987, the old "Necklace of Lights" was re-activated. This was a circle of elegant Art Nouveau lamps connected by string of light bulbs which had ringed Lake Merritt from the early 1920s until World War II. It was restored with the help of a years-long private fund raising drive.

Other amenities that grace the

FOR MORE INFORMATION...

Historic architecture

To learn more about the historic architecture of the East Bay, enroll in Mark Wilson's class at Piedmont Adult School on Tuesdays from 7 to 9:30 p.m. Classes begin January 11. Call 510-594-2655 to reserve your space.

shores of Lake Merritt include two boathouses which opened in 1914; the Tuscan-columned pergola at the north end of the lake; the lacy, white-washed wooden James P. Edoff Memorial Bandstand, built near the north end of the lake in 1918; and Children's Fairyland Playpark, opened in 1950 along the northwest shore of the lake.

Cameron-Stanford House

The greatest historical asset standing along the shores of Lake Merritt is the lovely Cameron-Stanford House, built in 1876 at the southwest corner of the lake. This is a beautifully restored, superbly maintained example of a bracketed Italianate two-story house. The intricate machine-cut, neoclassic details across the wide angled bays and on the front porch are especially appealing features. The design of this house is attributed to Dr. Samuel Merritt.

William W. Cameron, the home's first owner, was a prominent real estate developer. Josiah Stanford, who owned the house from 1882 until 1903, was the elder brother of Leland Stanford Jr., who founded Stanford University.

Oakland bought the house in 1907 for use as the first Oakland Public Museum. It sat empty for many years after the museum moved to its present site in 1968. A volunteer committee of East Bay citizens saved and restored the house in the mid 1970s. Now it is a museum of Victorian Life in Oakland, and many of its rooms have period furnishings.

Dunsmuir House

Dunsmuir House in the Oakland hills at 2960 Peralta Oaks Court, off the 106th Street exit of Highway 580, is the "grand lady" of East Bay historic homes. It was designed by architect J. Eugene Freeman in 1899 in a pure Ante-bellum version of the Colonial Revival style. The massive whitewashed portico extending towards the curved front driveway give this mansion the appearance of "Tara" from Gone With the Wind — before the Civil War.

The spacious, exquisitely-kept grounds around the Dunsmuir House were designed by San Francisco's famed landscape architect James McLaren, who designed Golden Gate Park. The house itself was used as a setting for more than one Hollywood film, including the thriller *Burnt Offerings*. It was placed on the National Register of Historic Places in 1972, and was made part of the city's park system the previous year.

Dunsmuir House is open to the public as a convention center, history museum and gardens from noon to 4 p.m. during mid-April until the end of September. Special events there include the annual "Christmas at Dunsmuir House," a display of historic Victorian- and Edwardian-era holiday decorations.

Mark A. Wilson is a Realtor and architectural historian who works at Prudential California Realty's Albany office. He can be reached at 510-273-9383. Visit him at www.topbroker.com/wilson.

WEEKLY HOME SALES

Compiled by TitleTech

ALAMEDA

2994 Baywalk Rd - \$405,000
713 Baywood Rd - \$345,000
362 Centre Ct #98D - \$281,000
206 Chinaberry Ln - \$356,000
2101 Encinal Av - \$265,000
3004 Encinal Av - \$150,000
1809 Fremont Dr - \$492,000
624 Glenwood Isle Island - \$405,000
1721 Grand St - \$200,000
1005 Holly St - \$340,000
1165 Island Dr - \$265,000
1173 Island Dr - \$234,000
2161 Lincoln Av - \$242,000
1717 Minterm St - \$345,000
2127 San Antonio Av - \$388,000
1714 Santa Clara Av - \$322,500
15 Stone Harbor - \$625,000
1125 Straub Wy - \$300,000
1333 Webster St #A112 - \$120,000
126 Weymouth Ct - \$367,500

ALBANY

920 Adams St - \$269,000
1221 Brighton Av #3 - \$165,000
906 Fillmore St - \$275,000
1084 Peralta Av - \$298,000
603 Santa Fe Av - \$415,000

BERKELEY

2165 Ashby Av - \$297,000
2216 Bonar St - \$165,000
1651 California St - \$284,000
2418 Cedar St - \$515,000
1170 Cromgmont Av - \$425,000
1112 Dartmouth St - \$275,000
1520 Dwight Wy - \$3,109,000
1079 Euclid Av - \$525,000
1226 Monterey Av - \$501,500
208 Panoramic Wy - \$355,000
1216 Parker St - \$271,000
76 Parnassus Rd - \$575,000
971 Regal Rd - \$403,000
2121 Russell St - \$496,000
2232 Russell St - \$228,000
2449 Russell St - \$483,000
1818 Woolsey St - \$235,000

EL CERRITO

5715 Alta Punta Av - \$315,000
1515 Elm St - \$175,000

EL SOBRANTE

3119 North Rancho Pl - \$390,000

EMERYVILLE

1018 44th St - \$117,000
8 Admiral Dr #241 - \$134,500
2 Admiral Dr #78 - \$195,000
6363 Christie Av #2224 - \$220,000

OAKLAND

2011 11th Av - \$270,000
1416 14th St - \$121,500
2027 26th Av - \$125,000
2933 35th Av - \$181,500
443 37th St - \$326,500
3774 38th Av - \$214,000
919 44th St - \$153,000
1932 51st Av - \$162,000
2626 56th Av - \$165,000
630 56th St - \$275,000
1007 61st St - \$200,000
2575 67th Av - \$167,000
917 70th Av - \$100,000
1464 71st Av - \$350,000
1806 74th Av - \$113,000
816 7th Av - \$218,000
1479 82nd Av - \$122,500
1317 83rd Av - \$315,000
1914 84th Av - \$124,000
2056 85th Av - \$80,000
11008 Acalanes Dr - \$140,000
600 Aileen St - \$149,000
937 Arlington Av - \$200,000
7615 Arthur St - \$110,000
7823 Arthur St - \$165,000
5417 Belgrave Pl - \$495,000
389 Belmont St #106 - \$150,000
3142 Brookdale Av - \$204,000

ON THE AVERAGE

ALAMEDA

TOTAL SALES: 20
LOWEST AMOUNT: \$120,000
HIGHEST AMOUNT: \$625,000
MEDIAN AMOUNT: \$322,500
AVERAGE AMOUNT: \$322,400

ALBANY

TOTAL SALES: 5
LOWEST AMOUNT: \$165,000
HIGHEST AMOUNT: \$415,000
MEDIAN AMOUNT: \$269,000
AVERAGE AMOUNT: \$284,400

BERKELEY

TOTAL SALES: 17
LOWEST AMOUNT: \$165,000
HIGHEST AMOUNT: \$3,109,000
MEDIAN AMOUNT: \$355,000
AVERAGE AMOUNT: \$537,794

EL CERRITO

TOTAL SALES: 2
LOWEST AMOUNT: \$175,000
HIGHEST AMOUNT: \$315,000
MEDIAN AMOUNT: \$0
AVERAGE AMOUNT: \$245,000

EL SOBRANTE

TOTAL SALES: 1
LOWEST AMOUNT: \$390,000
HIGHEST AMOUNT: \$390,000
MEDIAN AMOUNT: \$0
AVERAGE AMOUNT: \$390,000

EMERYVILLE

TOTAL SALES: 4

LOWEST AMOUNT: \$117,000
HIGHEST AMOUNT: \$220,000
MEDIAN AMOUNT: \$134,500
AVERAGE AMOUNT: \$166,625

OAKLAND

TOTAL SALES: 92
LOWEST AMOUNT: \$80,000
HIGHEST AMOUNT: \$1,800,000
MEDIAN AMOUNT: \$218,000
AVERAGE AMOUNT: \$288,739

PIEDMONT

TOTAL SALES: 2
LOWEST AMOUNT: \$650,000
HIGHEST AMOUNT: \$1,585,000
MEDIAN AMOUNT: \$0
AVERAGE AMOUNT: \$1,117,500

RICHMOND

TOTAL SALES: 47
LOWEST AMOUNT: \$75,000
HIGHEST AMOUNT: \$440,000
MEDIAN AMOUNT: \$165,500
AVERAGE AMOUNT: \$186,223

SAN LEANDRO

TOTAL SALES: 28
LOWEST AMOUNT: \$95,000
HIGHEST AMOUNT: \$585,000
MEDIAN AMOUNT: \$250,500
AVERAGE AMOUNT: \$285,321

SAN LORENZO

TOTAL SALES: 12
LOWEST AMOUNT: \$140,000
HIGHEST AMOUNT: \$282,500
MEDIAN AMOUNT: \$212,500
AVERAGE AMOUNT: \$216,542

3815 Ruby St - \$150,000
6125 Skyline Bl - \$404,000
2840 Steinmetz Wy - \$395,000
4399 Terrabella Pl - \$331,000
5320 Thomas Av - \$520,000
6315 Thornhill Dr - \$410,000
89 Thousand Oaks St - \$264,500
11 Town Square - \$173,500
836 Trestle Glen Rd - \$552,000
261 Tunis Rd - \$105,000
646 Tyler St - \$132,000
4150 Webster St - \$425,000
1725 Wellington St - \$385,000
3971 Whittle Av - \$330,000

PIEDMONT

115 Bonita Av - \$1,585,000
300 Pacific Av - \$650,000

RICHMOND

553 21st St - \$138,000
675 26th St - \$165,000
1134 28th St - \$169,000
529 31st St - \$160,500
664 33rd St - \$142,500
645 43rd St - \$185,000
1830 6th St - \$75,000
926 Allview Av - \$210,000
2811 Andrade Av - \$122,000
3510 Barrett Av - \$165,000
4367 Bell Av - \$177,000
3525 Bissell Av - \$80,500
5283 Buckboard Wy - \$335,000
3113 Chesley Av - \$147,000
800 Chesley Av - \$135,000
413 Commodore Dr - \$230,000
5326 Country View Dr - \$383,000
1540 Cypress Av - \$270,000
1680 Cypress Av - \$165,000
2620 Dundee Rd - \$210,000
53 Harbor View Dr - \$440,000
2314 Homestead Cr - \$260,000
549 Key Bl - \$273,000
3125 Lake View Ct - \$242,000
4076 Lambert Rd - \$176,000
617 Lincoln Av - \$118,500
3857 Linden Ln - \$165,500
2839 Loyola Av - \$180,000
2833 McBryde Av - \$200,000
2310 Meadowlark St - \$154,000

1314 Merced St - \$200,000
71 Overlook Ln - \$150,000
3701 Painted Pony Rd - \$150,000
1393 Palmer Av - \$150,000
1080 Parkside Dr - \$150,000
713 Phoebe Ln - \$150,000
2536 Pine Av - \$150,000
5838 San Jose Av - \$150,000
2818 San Luis St - \$150,000
13700 San Pablo Av - \$150,000
539 South 30th St - \$150,000
260 South 41st St - \$150,000
328 South 47th St - \$150,000
3626 South 50th St - \$150,000
3123 Stone Cliff Dr - \$150,000
4774 Surrey Ln - \$150,000
6001 Tehama Av - \$150,000

15687 Baypoint Av - \$150,000
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15523 Jutland St - \$150,000
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14655 Tiburon Rd - \$150,000
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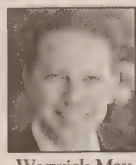
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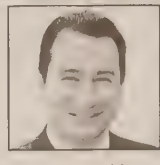
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SPORTS

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JV

December 24, 1999

Section C

Soccer Mavericks a formidable power in youth soccer [C2]

Arts Local organizations, writers awarded NEA grants [C3]

Open season for St. Mary's boys hoops

OT loss to Monte Vista has Panthers wondering if they can still take the league

By Scott Strain

If the game against Monte Vista on Monday night at home is any indication, the St. Mary's High School boys basketball season is not going quite the way coach Jose Caraballo envisioned it.

"We're a lot better than that, but the kids have to learn," Caraballo said after losing to a rather ordinary Mustang team 68-59 in overtime. "Our strengths are size, speed and quickness, but we are not using them."

"There are a lot of things we are not doing. We're not finishing going into the basket. I can't tell you how many shots we missed inside even though we were bigger. Even though they are fouled, they have to be strong enough to go through that and make the basket. That's what happened in the last game (against Red Bluff) we couldn't do it and it showed up again tonight."

It's too bad — the Alameda Contra Costa Athletic League is wide-open this season and is begging for a standout team. There are a lot of good teams, but no great

The Alameda Contra Costa Athletic League is wide-open this season and is begging for a standout team.

ones. Think NFL, high-school style. The Panthers, if they can get their act together, could be one of a half dozen teams that could be a leader.

St. Mary's exhibited a lot of flash and dash against Monte Vista, but when it came to putting the ball in the hoop, the Panthers misfired badly. The team missed "six or seven" clear shots inside, according to Caraballo, and could have put the Mustangs away for good. But they didn't and the visitors from Danville hung on.

Monte Vista was only 5-4 going into the game, but played smart basketball.

See ST. MARY'S, Page C2



ST. MARY'S JAMES HARRIS, right, cuts past Monte Vista's John-Senior during their game Monday night in Berkeley. The Panthers dropped the contest, 68-59, in overtime.

BASKETBALL ROUNDUP

Jackets win consolation finals in Santa Barbara

Staff report

Aisha Hollans showed why she is one of the premier players in the nation as she scored 23 points to give Berkeley High the consolation championship at the Tournament of Champions girls basketball tournament in Santa Barbara.

The Yellowjackets played a tight contest against Nashua High (N.H.) 54-51 on Monday.

The game was tied going into the fourth quarter and the Jackets needed everything they had to win this one.

Sabrina Keys added 17 points, including some sharp shooting from the line (7 of 8). Nycole Brown scored 10 points and, Erica McGlaston added four points.

Despite the scoring, Berkeley had 11 different players on the court at different times. The Jackets had a 5-point lead at the half, but Nashua was able to tie the score heading into the fourth quarter.

Nashua (6-2) had two players in double figures as Liz Dancavse scored 13 points and Michaela Leary added 10 points.

The 3-1 finish was a vast improvement over last year when the team lost all four

games without its star player Coriel Davis.

Berkeley (6-1) rebounded from its tournament-opening loss to Copperas Cove (Texas) by beating Shelbyville (Tenn.) 76-64 in the second round of the tournament.

The Yellowjackets jumped out to an 18-11 lead after the first quarter and they led 35-26 at halftime. The two teams played evenly through the second half as Berkeley maintained a double-digit lead through the third and fourth quarters.

Robin Roberson paced all scorers with 18 points, including five of six shooting from the line. Hollans added 16 points before fouling out, while Keys had 13 points.

The Jackets hit 28 of 38 shots from the line. Natasha Bailey (eight points) went six for six from the line, and Brown (seven points) and Erica McGlaston (six points) each hit all four of their free throws attempts.

Abi Ramsey (16 points) and Tynisha Alexander (15 points) led Shelbyville (4-1).

Albany girls

Albany finished the Pinole Holiday Classic with a 53-31 loss to league rival De Anza in the seventh-place game.

The Cougars (2-6) were paced by Tara

Greene's 12 points, while Nina Samuel added nine points, including a 3-pointer.

Alexis Martin hit a 3-pointer for her points, Stephanie Wistler added three points, while Trina Nagakura and Kelly Chin each scored a bucket. The Cougars only went to the line four times in the game.

De Anza (4-5) went out to a 17-6 lead after the first quarter, but Albany came back to win the second quarter and trim the lead by two points.

The Dons used a 12-5 run in the third quarter to take the game back and they finished off on a 16-10 run for the final.

Tamesha Grant led all scorers with 17 points and Erica Johnson added 10 points for De Anza. Vashonda Richardson also scored eight for the Dons.

St. Mary's girls

St. Mary's beat Mt. Shasta 49-46 in the consolation championship of the Red Bluff Holiday Classic at Red Bluff High School.

Joslyn Shelton was on fire for the Lady Panthers, hitting eight field goals including a pair of 3-pointers on the way to 22 points.

See BASKETBALL, Page C2

SOCCER ROUNDUP

Eames heads into break with 34 goals

El Cerrito girls alone in first place

By Mike McGreehan

Katie Eames has been a goal-scoring machine for El Cerrito High School's girls soccer team so far this year with an amazing 34 goals.

Last Friday, Eames played true to form by scoring four goals in the Gauchos' 5-0 shutout of St. Joseph-Notre Dame in Alameda Contra Costa Athletic League play.

Melissa Mello and Jenny McKnight each assisted on two of Eames' goals as El Cerrito improved to 4-0 in ACCAL play and 9-2-1 overall.

Despite the fine play of Eames, Mello and McKnight, it was the Faulkner sisters who got the Gauchos going.

Natalie Faulkner scored the game's first goal at seven minutes with help from sister Carrie Faulkner.

That score held up well into the second half as St. Joseph-Notre Dame hung tough.

Eames made it 2-0 at 55 minutes with help from Mello. Eames then put the game away with a scoring barrage that started

15 minutes later.

At 70 minutes, Eames scored a second goal off a Mello feed. Eames made it 4-0 with an assist from McKnight at 75 minutes, then closed the scoring from McKnight two minutes later.

In other ACCAL action last Friday, St. Mary's played Richmond 1-1. St. Mary's (2-5 overall, 0-2-1 ACCAL) opened the scoring when Becca Kawauchi found net with help from Nicole Griffin at 53 minutes.

Isela Cazarez scored the equalizer for Richmond (1-1-2 ACCAL) at 66 minutes. Chrissy Chavez finished with seven saves in goal for the Panthers.

Albany, meanwhile, tasted defeat for the first time in league play by falling 3-0 at home to Alameda (4-1-1, 2-1).

Lila Keene made nine saves for Albany (4-2, 3-1).

Elsewhere, Salesian (5-1, 3-0) breezed to a 9-0 win over Kennedy (0-6, 0-4). Piedmont (3-0 ACCAL) was a 7-0 winner over Encinal (0-4 ACCAL). Holy Names and De Anza did not play.

See SOCCER, Page C2

Albany wrestlers hoping to give their coach another title

Staff report

Kermit Bankson has been around the block a few times in his three decades as head coach of the Albany High School wrestling team.

The veteran coach has seen his team win 10 league titles in that time. The Cougars would like nothing better than to give their coach a Tri-County Athletic League championship in his 30th anniversary year.

It will be a tough goal for the team to meet, but the Cougars believe they have what it takes to do it.

The TCAL poses a challenging set of foes. In the Cougars' draw of six schools from the 13-member league, they will see

Miramonte, (Jan. 6), Mt. Diablo (Jan. 13), Las Lomas (Jan. 20), Alhambra (Jan. 27), Freedom (Feb. 3) and Athenian (Feb. 10).

So far Albany is off to an excellent start, taking first place as a team in the Irvington Tournament in Fremont on Dec. 4. In team competition, the Cougars beat Kennedy 81-0, Washington 65-6, Arroyo Grande 62-12, Milpitas 63-18 and San Lorenzo 59-17. No one has really come close to knocking off Albany.

Seven members of the Albany squad took first place in their weight categories. Sophomore David Yeaman was the youngest winner, taking the 112-pound class victory. Juniors Jovany Duque (125 pounds), Newton Casemiro (152 pounds) and Karl Moore (160 pounds) were also winners. Seniors Chris Schweitzer (130

pounds), Yavir Plan (140 pounds) and Ben Weinstein (171 pounds) had fine showings to take their classes.

Casemiro was the pinmaster of the bunch. He was awarded the trophy for the most number of pins in the fastest time. He was a perfect five for five and pinned all his opponents in a total time of under five minutes.

The following weekend the Cougars competed in the Bay Area Tournament at Castro Valley. Albany placed fifth at the meet against the likes of Amador Valley, Campolindo, De La Salle, Dublin and James Logan High.

Yeaman led the Cougars, placing second in the 112-pound class. Duque, Casemiro and Moore each placed fourth in their weight classes, while Schweitzer

was fifth.

Weinstein and junior Marlow Rodriguez (215 pounds) took sixth place.

Albany won a preseason scrimmage meet against Oakland Tech before leaving for a trip to Los Angeles to test the waters down south at the Colton Tournament.

In L.A. Newton, Casemiro and Moore all placed third in their weight classes, while Schweitzer was fourth and Duque placed fifth.

The team planned a one-day break after the Colton tournament before hitting the mats in preparation for the opening league meet at home against Miramonte High.

The Thursday night match begins at 7 at Albany High.

Casemiro was the pinmaster of the bunch. He was awarded the trophy for the most number of pins in the fastest time. He pinned all five of his opponents in a total time of under five minutes.

Mavericks a formidable power in under-16 boys soccer

State Cup entry went undefeated in league

By Mike McGreehan

The ACC Mavericks under-16 boys will have one of the most formidable teams entering California Youth Soccer Association-North State Cup play after the winter break.

The Mavericks not only won their regular-season league championship, but did so by going undefeated in league play for the first time ever.

"There was a lot of improvement since last year," said Mavericks coach Eugenio Juarez.

Juarez took over the team's reins in May. In August, the Mavericks, who have high school players from all over the area including Berkeley High and St. Mary's High, began their under-16 campaign by entering their first tournament. In all, the Mavericks played in four tournaments.

They finished first in a tourney at San Luis Obispo. They were also second in two other tournaments — one in Redwood City and another in Sonoma — and were third in another at Livermore. The Mavericks completed their fall schedule with an overall record of 24-7-2, including a 9-0-1 mark in league competition.

Goalkeeping was an especially

strong point for the Mavericks in the fall with a rotation of Johnny Nuñez and Colin Jackson. Nuñez attends Richmond High. Jackson has played superbly in the nets so far for Alameda High. If needed, Juarez can also play Jackson at forward on in defense.

Of course, every good goalkeeper is greatly helped by a strong defense. And defense was plenty strong for the Mavericks this season.

Orrin Smith of St. Mary's High plays at stopper. Smith is a converted forward who Juarez says, "reads the game very well."

Fellow St. Mary's player Bryan Warren is an outside fullback. From this position, Warren not only defends, but attacks from the wings — a tactic becoming increasingly common in soccer. Speed is Warren's greatest asset.

Another St. Mary's player, Jack Beran, also plays in defense for the Mavericks. Rounding out the fullbacks are Nacho Navarro and Giovanni Mejia of Kennedy-Richmond, Andrei Trifonov of Berkeley and Joe Cooter of Head-Royce, which also played its season in the fall.

Cooter is equally at home in midfield should his services be required there.

The Mavericks draw players from

a wide geographical area. Mike Lingenfelter and Ben Blake both attend Marin Academy. Blake plays in the midfield and is in the state player pool. Lingenfelter is primarily a midfielder, too, though he can also play at forward or in defense if needed.

Central midfielder Chris Davis of Berkeley High is a state select player. Fellow Berkeley High players Tiago Venturi, Liam Reilly and Amadeo Alvarez are also in the state player pool. Juarez is also the boys soccer coach for Berkeley High.

Venturi is an attacking midfielder for Juarez with the Yellowjackets but plays forward for the Mavericks. Reilly is an outside midfielder and Alvarez can play at either forward or in midfield.

Three more Richmond-based players — two from Richmond High and one from Kennedy — round out the squad. Jose Guzman and Alfredo Pinto play for the Oilers this winter while Billy Lemus competes for the Eagles.

Pinto is a forward while Guzman has the versatility to play in attack, midfield or defense. Lemus is an attacking midfielder.

ETC: The Mavericks are looking for financial help and all contributions are greatly appreciated. Call Juarez at 527-2234 or 245-2753.



ST. MARY'S EBON GLENN, (11), worked against Monte Vista's J.J. Marston (8) and John Sharper.

St. Mary's

FROM PAGE C1

The Mustangs hit their three, got the crucial rebounds (especially on the defensive end) and generally took care of the ball. Until the last couple of minutes of the fourth quarter, they were generally down four to six points. Down, but never completely out.

Mike Bradford put Monte Vista ahead for the first time at 47-46 when he hit a jumper with 4:23 left in the fourth quarter. James Harris came back with a three 22 seconds later for at 49-47 lead for the Panthers. Baskets by Kellen Dixon and Harris again gave the Panthers a 55-51 lead with 45 seconds left. But the Mustangs came back when Brian Skrip hit a 3-

pointer three seconds later.

With 18.7 seconds left, the Panthers' John Sharper was fouled and hit one of two free throws for 56-54. That didn't last long, however — Chris Getty of Monte Vista took a pass and banged home a wide-open 10-footer with 4.2 seconds left to send the game into overtime.

Overtime

The OT period was horrid for the Panthers — the Mustangs ripped off nine straight points and the only score for St. Mary's was DaShaun Freeman's defiant 3-point shot with 10.2 seconds to go. But ultimately it was no go for the Panthers.

Another thing that did in St. Mary's was free throws — Monte Vista hit 21 of 28 attempts, the Panthers only nine of 17.

Dixon and Harris were with 16 points and Vassar 12. Freeman had 10 points. The Panthers may have figured after having a break from competition. They traveled to Red Bluff finished third after losing on Saturday. But that's the excuse.

"I know they are tired, no excuse to lose to them. That's why you play the game. You have to play the game." St. Mary's has at least practice games to play. CAL season starts on Jan. 1. St. Joseph-Notre Dame. For excuses will be over.

Basketball

FROM PAGE C1

The Lady Panthers would need every point from every player, because Shasta's Stacia Hardy matched Shelton with 22 points, including 9-of-10 shooting from the line.

St. Mary's Kamaiya Warren and Robyn Byrnes added eight points apiece, while Courtney Carey contributed seven points. Celeste McGruder had three points and Heidi Spurgeon hit a solo free throw for St. Mary's.

Mt. Shasta held a 12-9 lead after one quarter, but St. Mary's tied it up at 19-19 going into the half. The two teams traded baskets for a 31-31 tie after three and a three-point advantage in the final quarter decided it.

The Panthers climbed to 5-4 on the win, while Mt. Shasta (3-4) dipped below .500 on the season.

The game was closer than it should

have been because of free throw shooting. St. Mary's was an anemic 9 of 26, while Mt. Shasta connected on 16 of 28 free shots.

El Cerrito boys

Jamal Hill poured in 26 points to lead El Cerrito in a 60-52 victory over Albany to gain third place at the Eureka Logger Classic at Eureka High School.

The Gauchos (6-4) also got solid offense from the rest of the team with five other players getting significant numbers. Ricky Hale scored 14 points, Franco Harris added seven points, Ronnie Lang scored six, Gary Shields had four, and Kenneth James added three in the win. Shields and Harris each connected on threes.

The Gauchos started off strong and got even stronger. They outscored Albany 18-12 in the first quarter, then went wild for 24 points in the second quarter to take a 42-23 lead into the half.

Albany tried to make it close in the second half, but a 29-18 run could not erase the deficit.

Albany boys

Albany High (4-5) dropped below .500 on the season after a 46-40 loss to San Marin High in nonleague boys basketball Tuesday.

The culprit was a one-point first quarter for the Cougars, but the six-point second quarter didn't help much either.

Down 28-7 at the half, Albany came back in the third quarter to cut the lead to 38-23. A 17-8 run in the fourth quarter made it close, but obviously not close enough.

Jon Ball led the Cougars with 14 points, hitting three 3-pointers along the way. Eric McClain added nine points and David Hernandez had 6 points for the Cougars. Albany's Andrew Hara (four points) hit a pair of field goals, and Ken Mimoto went 4-for-5 from the line.

Soccer

FROM PAGE C1

Boys

Berkeley moved to 3-1-3 overall and 0-1-2 in the East Bay Athletic League last Friday after a 2-2 draw at Livermore.

Livermore (0-1-2 EBAL) got things started when Daniel Vasquez scored unassisted in the seventh minute.

But Berkeley answered. Cameron Parkinson scored the equalizer at 35 minutes. The Yellowjackets took the lead just one minute after halftime on a goal by Rayman Ali Hussein.

Berkeley, however, had the misfortune of putting the ball in its own net with three minutes to go in the contest. Andrew Kelly finished with two saves in goal for the Yellowjackets. Todd Wagner had one.

In other EBAL action, Foothill beat California 1-0. Amador Valley played San Ramon Valley to a 0-0 draw, and Monte Vista downed Granada 5-2.

Amador Valley and Foothill went into the Christmas break sharing the league lead at 2-0-1. Monte Vista is third at 2-1, followed by San Ramon Valley (0-0-3), California and Granada (both 1-2), Berkeley and Livermore.

Area teams didn't fare well in the ACCAL last Friday. St. Mary's lost 6-4 to Richmond. St. Joseph-Notre Dame downed El Cerrito 2-0, and Alameda beat Albany 2-1.

Under normal circumstances, St. Mary's (2-3, 2-2) would have scored more than enough goals to win. But Richmond (3-0 ACCAL) is not a run-of-the-mill prep soccer team. The Panthers had particular trouble with the Oilers' Jorge Abonce, who scored five

goals alone.

Abonce opened the scoring six minutes into the contest. But Jack Beran responded with goals at 12 and 18 minutes to give the Panthers a 2-1 lead.

St. Mary's never led again, though it managed to tie the twice more.

Abonce regained the lead for the Oilers with goals at 20 and 31 minutes before Bryan Warren tied it at 3-3 with help from Pat Berry at 70 minutes.

From there, the match finished with a scoring flurry. Alvaro Morales gave Richmond a 4-3 lead at 71 minutes only to have Stephone McGrew tie it again for St. Mary's five minutes later. Nolan Horinouchi assisted on McGrew's goal.

But the Panthers' joy didn't last long as Abonce scored at 77 and 79 minutes to cap his five-goal barrage.

At El Cerrito, meanwhile, the Gauchos (5-6, 2-2) gave up a first-half penalty kick to St. Joseph-Notre Dame and never caught up. The Pilots (1-2-1 ACCAL) added a second goal early in the second half, an unassisted effort by Jeff Gonzalez.

Marcos Sanchez stopped five shots for the Gauchos.

Albany (1-2, 1-2) struggled at home against Alameda (5-0-2, 2-0-2). After a scoreless first half, the Hornets took command with goals at 53 and 64 minutes. Only a last-minute goal by the Cougars averted the shutout.

Elsewhere in the ACCAL, first-place Kennedy (4-0-2, 3-0-1) enjoyed a 3-0 win over Salesian (1-2, 1-1). Piedmont (6-1-1, 2-0-1) was a 2-0 winner over Encinal (1-2 ACCAL). Berean Christian (2-5, 1-2) had a 1-0 win over St. Elizabeth (0-4 ACCAL). De Anza had a bye.

ACCAL SOCCER

Girls

	W	L	T	Pts
El Cerrito	4	0	0	12
Albany	3	1	0	9
Piedmont	3	0	0	9
Salesian	3	0	0	9
Alameda	2	1	0	6
Richmond	1	1	2	5
De Anza	1	1	1	4
St. Joseph	1	3	0	3
Holy Names	1	2	0	3
St. Mary's	0	2	1	1
Kennedy	0	4	0	0
Encinal	0	4	0	0

Results from Friday, Dec. 17

El Cerrito 5, St. Joseph 0
St. Mary's 1, Richmond 1
Alameda 3, Albany 0
Piedmont 7, Encinal 0
Salesian 9, Kennedy 0
Holy Names, De Anza bye

Boys

	W	L	T	Pts
Kennedy	3	0	1	10
Richmond	3	0	0	9
Alameda	2	0	2	8
Piedmont	2	0	1	7
El Cerrito	2	2	0	6
St. Mary's	2	2	0	6
St. Joseph	1	2	1	4
Salesian	1	1	0	3
Albany	1	2	0	3
Encinal	1	2	0	3
Berean Christian	1	2	0	3
De Anza	0	2	1	1
St. Elizabeth	0	4	0	0

Results from Friday, Dec. 17

Alameda 2, Albany 1
Piedmont 2, Encinal 0
St. Joseph 2, El Cerrito 0
Berean Christian 1, St. Elizabeth 0
Kennedy 3, Salesian 0
Richmond 6, St. Mary's 4
De Anza bye

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Arts

East Bay organizations, writers awarded NEA grants

Berkeley Repertory received largest of the lot at \$63,000

By Anita Amirrezvani

The National Endowment for the Arts is operating at its lowest budget in more than 20 years, but in an announcement made today, 14 East Bay arts organizations received a total of \$282,500 in grants, about \$75,000 more than last year. Two East Bay writers also received fellowships of \$20,000 each.

The NEA budget for fiscal year 2000 is \$97.6 million, of which \$79.6 million is slated for grants. In this first

round of granting, arts organizations and writers around the country shared nearly \$20 million, of which California received more than \$2.8 million. The grants were made in three categories: creation and presentation of work, planning and stabilization (of organizations), and individual literary fellowships.

Here are the East Bay organizations that received grants.

■ **Berkeley Repertory Theatre:** \$63,000 for a production of Ben Jonson's "The Alchemist."

■ **Berkeley Symphony Orchestra:** \$5,000 to perform the orchestral works of young composers for the first time.

■ **Clarity Educational Productions, Berkeley:** \$50,000 to produce a six-part documentary film on the history of the international anti-

apartheid movement.

■ **East Bay Center for the Performing Arts, Richmond:** \$15,000 to support an African Choreographers' Forum.

■ **Jazz in Flight, Oakland:** \$5,000 for the organization's jazz concert series and annual Eddie Moore Festival.

■ **Kelsey Street Press, Berkeley:** \$5,000 to support two books of prose poems, "The Vertical Interrogation of Strangers" by Bhanu Kapil and "Four" by Renee Gladman.

■ **Kitka, Oakland:** \$42,500 for the New Folksongs Project, which will allow the women's chorus to commission new work from local composers.

■ **La Peña Cultural Center, Berkeley:** \$20,000 to build understanding within and between specific cultural communities. It's a project being planned with Citicentre Dance The-

ater and World Stage Performance Gallery.

■ **Oakland East Bay Symphony:** \$12,000 to support the presentation of new symphonic work.

■ **Oakland Museum of California:** \$24,000 to present a retrospective exhibit of the work of artist Elmer Bischoff.

■ **Pacific Film Archive:** \$20,000 to commission five new music scores to accompany the presentation of silent films.

■ **San Francisco Early Music Society, Berkeley:** \$5,000 to present concerts of early music.

■ **Threepenny Review, Berkeley:** \$11,000 to produce four issues of the literary publication.

■ **UC-Berkeley:** \$5,000 to present

See GRANTS, Page C4

HOT SHEET!

■ **Oakland residents Angela Watrous and Carole Honeychurch,** co-authors of "After the Breakup: Women Sort Through the Rubble and Rebuild Lives of New Possibilities," will celebrate their new text at 7:30 p.m. on Thursday, Jan. 6, at DIESEL, A Bookstore, 5433 College Ave., Oakland.

■ **Oakland's Derique McGee,** a former member of the Pickle Family Circus, will teach circus skills during a winter camp 9:30 a.m.-3 p.m., Monday, Dec. 27, at Children's Fairyland, 699 Bellevue Ave., Oakland. Cost \$175 per child. Call 510-238-6878, ext. 1.

EVENTS



OAKLAND PIANIST Christopher Weldon, the 1997 winner of the Kosciuszko Foundation National Chopin Competition in New York City, will perform at 8 p.m. on Monday, Jan. 3, at Julia Morgan Theater in Berkeley

Oakland Ballet — "Nutcracker," closing Dec. 24. An amazing journey begins when a young girl joins her family and friends at a holiday party and is given a nutcracker by her godfather. Tickets: \$7-\$31. Runs Saturday, 2 p.m. and 7 p.m.; Sunday, 2 p.m.; Dec. 17, 7 p.m.; Dec. 21, 2 p.m.; Dec. 22 and Dec. 24, 11 a.m.; Dec. 23, 11 a.m. and 7 p.m. at Paramount Theatre, 2025 Broadway, Oakland. Call 510-465-6400 or 510-762-BASS

Badarikashrama — "Hindustani Vocal Concert," Dec. 25, 3 p.m. A unique Christmas celebration with a music recital by vocalist Deepali Ghatge Deglurkar and an international vegetarian feast after the performance. Free. At 15602 Maubert Ave., San Leandro. Call 510-278-2444.

Chamber Music Sundaes — San Francisco Symphony musicians, Jan. 2, 3:15 p.m. A program of works by Herzogenberg, Tchaikovsky, and Dvorak. Admission: \$15 general, \$12 seniors and students. At St. John's Presbyterian Church, 2727 College Ave., Berkeley. Call 415-584-5946

Patten College — "The Night Before Christmas," Dec. 24, 8 p.m. A musical drama presented by the Patten College Symphonette with the Christian Cathedral and the Patten Academy players. Free. Christian Cathedral, 2433 Coolidge Ave., Oakland. Call 510-533-8300.

Ashkenaz — International Soul Orchestra, Dec. 24, 9:30 p.m. Admission: \$7; Earl Zero and Raskind, Dec. 26, 8 p.m. Admission: \$8; DP and the Rhythm Riders, Dec. 28, 9 p.m. Admission: \$7; New Year's Eve Folkdance Party, Dec. 31, 8 p.m. Featuring Edessa, Anoush Ellas, Vassil and Maria Bebelev, Joe Finn and Leslie Bonnett, Balkan and Beyond. For all ages. Admission: \$15 general, free children age 12 and under; Aux Cajunals, Zydeco Mama, Cajun Classics, Jan. 1, 9:30 p.m. Admission: \$10. Club at 1317 San Pablo Ave., Berkeley. Call 510-525-5099 or www.ashkenaz.com

Blakes — The Steve Gannon Band, Dec. 27. Admission: \$3; Groove Junkies, Dec. 30. Admission: \$4. For age 18 and older. Music at 9:30 p.m. At 2367 Telegraph Ave., Berkeley. Call 510-848-0886.

Cato's Ale House — Mitch Marcus Quartet, Dec. 26, 3 p.m. Steinkoler Trio, Dec. 29. Free. Shows start at 6 p.m. unless noted otherwise. 3891 Piedmont Ave., Oakland. Call 510-655-3349.

See EVENTS, Page C4



SAM NEILL and Robin Williams star in "Bicentennial Man," in which Williams does his usual schtick.

It's the Tin Man without much brain

'Bicentennial Man' has Robin Williams and a San Francisco setting, but that doesn't keep it from being pretty meaningless

By Karen Hershenson

Most science fiction depicts a bleak future, where humans murder each other for gasoline, and streets teem with filthy chaos. But "Bicentennial Man" offers a more feel-good vision. It is sci-fi lite.

While other filmmakers wrestle with fears of an increasingly alienated society, director Chris Columbus ("Stepmom," "Home Alone") presents a rosy second millennium, with key architecture intact and birds chirping. The greatest challenge in this coming century is which outrageous, oversized hat to wear.

And who else to star but Robin Williams, king of earnest, family-oriented movies that aim for the heart while just grazing the intellect. The two worked together on "Mrs. Doubtfire," and it was the comedian who

REVIEW

■ **WHAT:** "Bicentennial Man"

■ **STARRING:** Robin Williams, Sam Neill, Embeth Davidtz, Oliver Platt

■ **RATING:** PG (language, some sexual content)

■ **RUNNING TIME:** 2 hours, 11 minutes

■ **WHERE:** Century Oakland 8, Jack London Cinema, UA Berkeley 7, UA Emeryway 10

■ **GRADE:** C

convinced the director to move to San Francisco from New York.

The city is prominently featured, in a not-too-distant-future mode. In

typical science fiction, landmarks such as the Palace of Fine Arts or the Golden Gate Bridge would be shown in ruins, but Columbus leaves them standing, digitally enhanced with holographic signs and airborne automobiles. This judicious use of special effects is one of the movie's best points, and there is a terrific assembly-line inspired opening sequence.

Williams is a robot named Andrew, shipped to a wealthy family to handle household chores. But it is soon obvious that this is no average android. When he accidentally breaks a child's beloved glass figurine, he carves a new one out of driftwood, and, because he is Robin Williams, he yearns to tell jokes. "What's silent and smells like worms?" Answer: "Bird farts."

The actor spends most of the movie in a cumbrous faux-metal

suit, composed of 30 wearable parts and weighing about 35 pounds. It looks like a scary animated toy — an oversized, futuristic Teddy Ruxpin. The eyes have that soft-focus E.T. quality, which directors use to imbue otherwise off-putting characters with humanistic warmth.

Williams has such animated body language that he is recognizable even through this armor. There's that signature bow-legged walk, and well-defined rear, which the actor jokingly refers to as his "roboty." The eyebrows dance expressively, and he cocks his head meaningfully.

A creation such as this takes getting used to (even for the audience), and when Andrew first arrives at his new home, the household's two girls are horrified. Soon, however, he bonds tightly with the young one,

See BICENTENNIAL, Page C4

Some Park City film entries have Bay Area flavor

Three documentaries by locals are set to compete in Utah; two dramas were shot in San Francisco

By Karen Hershenson

Bay Area filmmakers are once again a force at this year's Sundance Film Festival, slated for Jan. 20-30 in

Park City, Utah.

Among the 112 feature films to be shown at Robert Redford's world-famous enclave are five generated locally, ranging from a documentary about one woman's search for her birth family in Korea to a feature about the San Francisco rave scene. The line-up was announced last week.

Two premieres are also of strong local interest — Emilio Estevez's "Rated X," about the saga of Bay Area porn kings the Mitchell brothers, and "The Virgin Suicides," a fea-

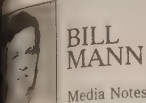
ture by Sofia Coppola, daughter of Francis Ford Coppola.

Three of the locally made films are in the documentary competition, with two by filmmakers who have competed at Sundance before. Rob Epstein and Jeffrey Friedman, San Francisco directors of the 1996 competitor "The Celluloid Closet," return with "Paragraph 175," about a Nazi ordinance that allowed for the persecution of homosexuals. Deborah Hoffman's "Complaints of a Dutiful Daughter" played at Sundance in 1995 and went on to be nominated

for an Academy Award. She's back with "Long Night's Journey Into Day," made with Oakland partner Frances Reid, a film that chronicles the work of South Africa's Truth and Reconciliation Commission.

The third competing documentary is Berkeley resident Deann Borshay's "First Person Plural." Adopted into an all-white family in Fremont at age 9, the filmmaker decided to search for her birth parents in Korea, which led to the discovery that her identity

See SUNDANCE, Page C4



BILL MANN
Media Notes

Christmas card

Who are the luckiest people at Christmas? I'd argue it's those parents with between 2 and 12 or so (ages approximate). The happiest? The ones with young children.

That's because what Christmas really all about is kids, when you think about it. (An admittedly liberal interpretation from a non-theologian). Still, tonight this Presbyterian will attend a Christmas Eve service at a Congregationalist (not sure, but I think it's a branch of Episcopalian) church near my home — my one trip to a house of worship all year — and I'm doing it for one reason: to sing Christmas carols. I

Christmas carols. Almost as

as I get a kick out of watching

excited faces of children at

time of year.

Remember that the Christmas

holiday spirit was much in evi-

dence even when I lived in tropical

Hawaii, both as an adult and as a

child. The latter back when Arthur

Godfrey's Hawaiian singer,

Mele Kalikimaka,

made a Christmas-card

series. (If you can remember

Arthur Godfrey, you could have a

beard of your own). At

the time of year, my wife and I re-

members having little kids in the

house, our two now being grown.

It's also the time of year when I

traditionally thank friends in the

area and elsewhere who have

been so gracious and helpful this

year in putting these dis-

times together.

A Merry Christmas, then, goes

to jolly (off-camera anyway)

channel 2 anchor Dennis Rich-

mond, and the happiest of holidays

to the gang down at Jack London

square at KTVU — Roland De-

la, Tom Vacar, producer Mike

McGowan, Ross McGowan, Randy

McGowan, Bob MacKenzie and all

rest of that great bunch of

elves. Here's wishing con-

gratulations to high Nielsen's in 2000 to

make KTVU G.M. Kevin

as well as execs Carolyn

Kenny Wardell and all the

May the holidays be far

from the 49ers locker room

Alameda home on Channel 5

guy Rick Quan, and may

new baby bring extra joy to

TV anchor Dianne Dwyer, and

sports-anchor hubby, Tim

Up... We lift a wassail to another

of sports guy, Alameda Steve

of KCBS, as well as a toast

KCBS's always-jolly Gary Rad-

cliffe.

All tees and greens in the new

at KRON's anchor Pete Wil-

son, and may there be many happy

reunions in 2000 for KCBS' hard-

working weatherman Mike Pech-

ter. I'd rest ye merry to KRON's

chief PR person, Jodie Chase,

may Santa's reindeer be heard

from the rooftop at the Marin home

of weatherman "Jolly" Joel

Platt. ... Non-sectarian holiday

and a Cubs pennant (finally)

to KTVU programmer

Spitz, and we wish a lucrative

to Chris-Craft's TV stations to

channel 44 boss John Siegel next

year. Holiday's best to KGO

news anchor Ron Owens, his wife Jan

Jack (formerly of KCBS) and

two daughters... and may I ed-

ualize that KTVU commentator

Stan Copeland and his wife Mary

will have a merry Christmas in

San Leandro? Speaking of that fair

weatherman Mike Pechter, his best

seasonal wishes go out to

San Jose's San Leandro Times

editor Fred Zehnder, long-time

news anchor who is much-

admired in Channel 2's newsroom

... A wish for many ex-

clusions in the new year goes out

to KTVU anchor Steve Little, and

to K-101's Don Bleu keep play-

ing the Christmas hits forever in

East Bay home... May the new

year bring many successful au-

thors to the studios of KQED-FM's

able host, Michael Krasny, and

to a toast of (non-alcoholic)

to KQED's jolly trio of Bar-

bara Simpson, Geoff Metcalf, and

the Rodgers...

A season's wish for another

year: As season to KABL sales guy

Chris Edwards, and a holiday hope

for a better Niners season next

year (but not better than the

holders') to KGO Radio execs

Shelley Luckoff and Jack Swan-

son. This holiday news just in

from CBS exec Ed Cavanaro deserves

to have a Merry Christmas... Holi-

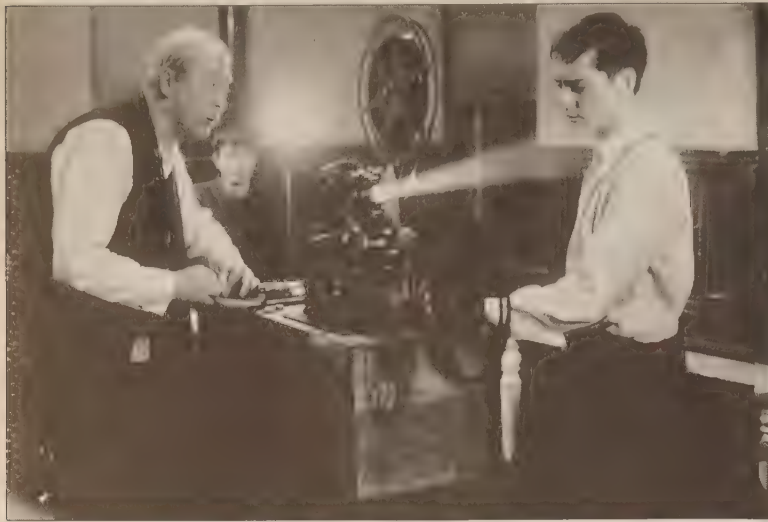
day's best wishes go out to helpful

readers Kenn Fong and Dr.

Mike Lano, as well as to KPIX's

resident good guy, John Catchings

See MANN, Page C4



MICHAEL CAINE and Tobey Maguire star in "The Cider House Rules."

Bending the 'Rules' in paradise

By Marc Breindel

The swing era apple orchard of "The Cider House Rules" glows so breathtakingly in the New England sun, it's hard to imagine breaking any of its rules, even the silly ones posted for the apple-pickers out back. But as idealistic young Homer Wells learns, even in paradise you have to bend the rules sometimes.

John Irving, who adapted "Cider House" from his own novel, has never sketched the world in plain black and white. Here he paints from a vibrant palette of New England reds, oranges and greens, illustrating the many gradations of love and pain, heroism and sin in a moral world rich with grownup choices and life-altering consequences. The film gains further depth and warmth from Swedish director Lasse Hallstrom, the soulful virtuoso of "My Life as a Dog" and "What's Eating Gilbert Grape?"

Homer (Tobey Maguire) is de facto first son of St. Cloud's Orphanage, an ornate but weathered red brick summer cottage in the Maine woods. So innately good is Homer that one adopting couple actually returns him as a baby because he never cries; something must be wrong, they say. Maguire's wholesome, expressionless face conveys the stoic hero effectively.

Benevolent headmaster Dr. William Larch (Michael Caine) in one of his best, most understated performances ultimately raises Homer as his own son.

Under Larch's loving, sometimes smothering, tutelage, Homer grows into such responsible orphanage positions as projectionist on movie nights (always the same patched-up film: "King Kong"), admitting nurse for new orphans, and even delivering doctor at births.

Homer rejects just one role: He will

not assist with the abortions Larch secretly performs out of mercy for local women. Homer figures his own mother might have left him in "the incinerator" if she'd had the chance. This choice of Homer's — his own rule — is challenged as various women face the choice for themselves.

One young woman is mangled in a back alley; another survives intact, thanks to St. Cloud's clinic; others face more ambiguous fates. By the end, Irving has earnestly explored the medical and ethical implications of Homer's position, displaying the same sympathetic respect for real women he demonstrated in "The World According to Garp."

Despite Homer's disagreement with Larch about abortion, their father-son love is the resonant heart of the story. Every night Larch tells Homer and the other boys, "You are all princes of Maine, Kings of New England," Larch empathizes so intensely with the orphans — and their mothers — that he must drug himself with ether to stanch the pain.

Homer eventually breaks away from Larch, and discovers an exhilarating world full of lobster boats, roadsters, and drive-in movies. He hitchhikes a ride with abortion client Candy Kendall (Charlize Theron) and her air force flyer husband Wally Worthington (Paul Rudd) to the latter's family farm, where Homer becomes the most contented apple picker on the eastern seaboard. Like the orphanage, Homer's new home is a place of simple pleasures, communal labor, and difficult choices.

Naturally, Homer falls in love with Candy, the quintessential pinup girl, when her dashing husband flies off to the South Pacific. Theron must have traveled back in time to find the essence of Candy, a true '40s gal with charm to spare and very real emo-

tions to boot. Candy confronts Homer with his first moral dilemma without Larch's guidance — should he comfort Candy during the war, as he's so eager to do?

More difficult choices face Homer in the shack he shares with the mostly black apple pickers. There he learns about the conflicts that torture the psyche of tough foreman Mr. Rose (frighteningly realized by Delroy Lindo). When Rose hears Homer reading the cider house rules aloud, he shuts him up: "We didn't write 'em; I don't see no need to read 'em." The cider house sees more serious transgressions than smoking in bed.

A pitch-perfect supporting cast accompanies Homer in his odyssey. Jane Alexander and Kathy Baker play orphanage nurses as earth angels. Kate Nelligan is sturdy and fun as the apple orchard matron. Soul singer Erykah Badu makes a sharp debut as Lindo's feisty, troubled daughter. The orphans are always believable, especially Erik Sullivan as the sick Fuzzy.

As good as the performers are, you could easily enjoy "Cider House" with the voice tracks turned off. Production designer David Gropman draws artfully from Andrew Wyeth paintings of the period. René Ehrlich Kalus's costumes make the World War II era feel like today. Cinematographer Oliver Stapleton drenches the New England beaches and mountain tops in the purple and warm copper light of old photos. Composer Rachel Portman's languorous theme underscores the film's tone of melancholy grandeur.

Like Charles Dickens' David Copperfield, whose story is read to the orphans at night, Irving's Homer sees splendor and suffering and becomes a wiser man. Growing up may seem hard at the turn of the millennium, but Irving shows how little the big questions have really changed.

Orchestra and The Oaktown Jazz Workshop. Admission: \$15; Hank Crawford, Jimmy McGriff, Jimmy Scott, Dec. 26. Sunday matinee. Admission: \$5 children; \$10 adult with children. 8 p.m. show admission, \$22 general; Victor Fields, Dec. 27. Admission: \$12; Steve Turre's Sanctified Shells, Dec. 28-Dec. 30, Jan. 1 and Jan. 2. Admission: \$22-\$26 general. Sunday matinee admission, \$5 children, \$10 adult with children.

Steve Turre's Sanctified Shells New Year's Eve Celebration, Dec. 31, 9 p.m. A live New Year's Eve coast-to-coast broadcast on National Public Radio. One seating includes two long sets with champagne, dessert and commemorative give-aways. Admission: \$200 per person.

Music at 8 p.m. and 10 p.m., unless otherwise noted. Sunday Matinee, 2 p.m. At 510 Embarcadero West, Oakland. Call 510-238-9200 or 510-762-BASS.

The Second annual Zoolights At The Oakland Zoo — through Jan. 2. Zoolights features 100 glowing creations built for the Oakland Zoo. From a huge neon volcano erupting with light to colorful dinosaurs, lions and tigers and brightly colored birds, the various scenes may be viewed from the Zoolights Trail or from the new Holiday Train. There is a children's carnival area and the "Holiday Village," at the Children's Zoo, which has been transformed with gingerbreadmen, candy canes, toy soldiers, gumdrop trees and many other goodies all ablaze with holiday colors. Proceeds from Zoolights benefit youth education and animal preservation at the Oakland Zoo. Admission: \$5 general, \$3 children age 2-14, free children under age 2; one train ride ticket with each ticket.

Open daily, 5:30 p.m.-9 p.m., weather permitting. At Knowland Park, 9777 Golf Links Road, exit off Interstate 580, Oakland. Call 510-632-9525 or www.oaklandzoo.org.

Bay Area Historic House Museums Christmas Activities — through Jan. 2.

THE CAMRON-STANFORD

HOUSE — through Dec. 29. This stately, 1876 Italianate-style home is the last Victorian house on Lake Merritt's shore. Its five period rooms will be decorated for Christmas, with the highlight including a 12-foot-tall Christmas tree festooned with garlands, handmade cornucopias, antique ornaments, baskets of nuts and American flags. At 14th Street and Lakeside Drive, Oakland. Wednesday, 11 a.m.-4 p.m.; Sunday, 1 p.m.-5 p.m. Admission: \$4 general, \$2 seniors, \$1 juniors age 12-18, free children under age 12. Call 510-444-1876.

THE COHEN BRAY HOUSE CHRISTMAS TEA AND TOUR — Jan. 2, 1 p.m.-4 p.m. Built for A.A. Cohen in 1884, the elaborate farmhouse contains original family furnishings and will be decorated for the holidays with Christmas trees, garlands and ornaments including a 12-foot-tall tree. Tea sittings are on the hour between 1-4 p.m. Reservations required. At Victorian Preservation Center of Oakland, 1440 29th St., Oakland. Admission: \$20 general, \$15 seniors and youths. Call 510-843-2906.

THE PARDEE HOUSE — through Dec. 31. The historic Pardee Mansion, a three-story Italianate villa built in 1868, was home to California Governor Pardee and three generations of the Pardee family who were instrumental in the civic and cultural development of California and Oakland. The home includes the house, grounds, water tower and barn and will be decorated with 1890s holiday decorations. At 672 11th St., Oakland. Friday and Saturday, noon; closed Dec. 25. Admission: \$5 general; free children under age 12. Call 510-444-2187.

La Pena Cultural Center — "Weathering the Storm," through Jan. 30. An exhibit of paintings and mixed media by T.S.A.K. In Cafe Lobby. "Vitalidad Cubana 1999," closing Dec. 31. An exhibit of photographs by Stefan Cohen. In Cultural Room. "Vieques, P.R.," closing Dec. 31. An exhibit of photographs by Kahli Jacobs-Fantauzzi. In Cultural Room. Free. 3105 Shattuck Ave., Berkeley. Call 510-849-2568.

Bicentennial

FROM PAGE C3

whom he dubs Little Miss, portrayed by Hallie Kate Eisenberg, the bubbly imp from those ever-present Pepsi commercials.

With her long curls and deep dimples, the 7-year-old actress is a contemporary Shirley Temple, with Williams in his robot gear her stiff Arthur Treacher foil. They stroll the beach together, and play piano duets, and as Little Miss grows into Grownup Beautiful Miss (Embeth Davidtz from "Schindler's List"), things get more complicated.

Davidtz has the most pivotal role,

constantly interacting with this enigmatic creature, and trying to get a handle on a relationship that starts to veer dangerously close to love. For Andrew has a sensitivity and straight-forwardness lacking from her flesh-and-bone fiancé, although other key, er, aspects are missing. Wendy Crewson is her mother, and Sam Neill her father, a compassionate man able to appreciate Andrew and encourage him to fulfill his destiny.

It's an ambitious movie, spanning two centuries, with Andrew becoming ever-more human, even taking to wearing slacks and woolen sweaters, as if he were a college professor. But he's burning to look the part too, and that's where Oliver Platt enters, as a

gifted scientist... The movie... for an anniversary... The greatest... between... it offers... content with its... Which is a... we needed... now With... integrated... a growing... ing fast... meltdown... conflicted... chine

Mann

FROM PAGE C3

and to long-time Channel 7 reporter Ed Leslie and his wife, another Channel 7 vet, Carol Ivy... May dividends accrue, eh, under the tree of KGO economist and CBS MarketWatch columnist Paul Erdman, a Canadian native, eh? ... Best holiday wishes to KFC's Sam Van Zandt, to RadioDigest editor Jason Jackson, and also to KGO Radio's Santa-like news director Ken Berry... May Mozart and Haydn be heard in the home of KDFC's Bill Lueth — and all the nearby car radios, too... May his "close personal friend" Larry King offer a holiday guest shot to Oakland media gadfly/future Round

Table pizza TV-ad star Rich Lieberman... A white Christmas (in the Sierras) to KTVU's friendly weather guy Bill Martin and many happy Arbitron ratings to KGO's healer Dr. Dean Edell.

A special holiday toast to a great bunch of Hills editors and colleagues, including (but certainly not limited to) Gloria Salvante at the Alameda Journal, and Dick Sparrer and Chris Treadway at the Montclair, Berkeley Voice and The Journal. Let's not forget long-time newspaper colleague, Hills columnist Martin Snapp, who keeps the Christmas spirit alive all year in his column. (The cat's out of the bag) ... And finally, a heartfelt wish for a Happy Holidays to you, our tremendous East Bay readers. I appreciate your kind

comments and... readership, and... Happy Holidays.

Exclusive: ... here first... Area radio... was formerly at KGO... week and left a message... answering machine. He... KSFJ, apparently, some... after a run-in with manage... other KSFJ talk host... finished," said East... new deal with KSFJ... who's been doing his... show for the past five... his basement in Ashville... hadn't been able to react... press time. Don't touch

Sundance

FROM PAGE C3

had been switched with another girl's at the orphanage.

The two Bay Area features are being shown out of the competition, in the American Spectrum program. Greg Harrison's "Groove" takes place over a single night, weaving together

stories spinning out of San Francisco's electronic-music culture. Palo Alto filmmaker Greg Watkins' "A Sign From God" is an imitating life, a humorous faux-documentary about a filmmaker trying to get funding for a movie. Among the locations are the Palace of Fine Arts and the Castro Theatre.

The opening-night selection is "What's Cooking," a drama directed

by Gurinder Chadha ("Bha... Beach") that stars Julian... gummies, Alfre Woodard... Chen.

Mary Harron ("The... Warhol") will premier... can Psycho," a thriller about... collar serial killer, with... and Reese Witherspoon... on the controversial book... Easton Ellis.

Grants

FROM PAGE C3

a festival on musical works involving technology.

In addition, East Bay writers Peter Najarian of Berkeley and Joan Tolford of Oakland each received NEA

literature fellowships of \$20,000, out of 41 creative writing grants awarded to writers around the country.

The largest grants given to San Francisco arts organizations were \$150,000 to the San Francisco Symphony to present a celebration of American musical innovations during the past 100 years; \$80,000 to the Fine

Arts Museums of San Francisco to present a touring exhibit of painter Wayne Thiebaud to the San Francisco Museum of Modern Art; \$50,000 to Morris, Lar Lubovitch, He and Helgi Tomasson; and the San Francisco Opera's premiere of "Dead Man Walking."

Events

FROM PAGE C3

El's Mile High Club — Nat Bolden Christmas Revue, Dec. 24; Sonny Rhodes, Dec. 25; New Year's Eve Party, Dec. 31. With Jimmy Mamou and the Boudin Band. There will be traditional black-eyed peas, corn bread, favors and a champagne toast at midnight. Admission: \$15. Doors open at 8 p.m. At 3629 Martin Luther King, Jr. Way, Oakland. Call 510-655-6661.

Freight And Salvage — Freight Holiday Revue and Fund-raiser, Dec. 22. Featuring Laurie Lewis, Tom Rozum, 'Til Dawn, Ben Bonham, The David Thom Band, Logan's Well. Admission: \$15.50; New Year's Eve Bluegrass Bash, Dec. 31, 8 p.m. With music by High Country plus special guests Dix Bruce and Jim Nunally. Admission: \$18.50. Music at 8 p.m. 1111 Addison St., Berkeley. Call 510-548-1761 or 510-762-BASS.

Kimball's East — Howard Hewett, Dec. 30-Jan. 2. Admission: \$25-\$90. Music at 8 p.m. and 10 p.m., unless otherwise noted. At 5800 Shellmound St., Emeryville. Call 510-658-2555 or 510-762-BASS.

La Pena Cultural Center — End of the Century New Year's Eve Dance Party, Dec. 31, 9:30 p.m. An evening of music with Ritmo y Armonia, the Afro-Cuban dance band featuring Fito Reinoso. There will be a special New Year's Eve menu in the cafe. Admission: \$30, general. At 3105 Shattuck Ave., Berkeley. Call 510-849-2568.

The Starry Plough Pub — Real George, Dec. 24; Spikedrivers, Dec. 31; For age 21 and over. Doors open Wednesday, 8 p.m.; Thursday, 9:30 p.m.; Friday and Saturday, 9:45 p.m., unless otherwise noted. At 3101 Shattuck Ave., Berkeley. Call 510-841-2082.

Yoshi's — The Fifth annual African Roots of Jazz Dance Party, Dec. 24. A youth-arts benefit event featuring E.W. Wainwright, the African Roots of Jazz Youth Drummers, The Oaktown Youth

This is Where It's Happenin'...In The
Kids Kalendar

Announcing a

New Millennium

EVENTS & ENTERTAINMENT

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Publication Date: January 14, 2000

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Calendar

Contributions to the Community Calendar are accepted Thursdays one week prior to publication. Listings are on a space-available basis.

Classes

Lehrhaus Judaica at the Reuter Center, 2736 Bancroft Way, Berkeley, offers more than 100 classes in Hebrew, Bible History, Culture, Prayer starting in February through the Bay Area. Call 845-6420 for a free brochure.

Van der Zanden Studio, 1025 Union, No. 9, offers sculpture classes. All levels. Call 843-9445 for additional information.

Writing Point at the YWCA, 2600 Bancroft Way, presents Scribble Time on Wednesdays, by appointment. Scribble Time is a class taught by Anne Levine, who has helped people to understand themselves better and to find their voice. Call 848-6370 for additional information.

Watch class takes place every Monday night from 6 to 7:30 p.m. at 842 Blake Street near Shattuck. Know your rights. The classes are free. Call 848-6370 for additional information.

Bay Area Community Media (BCM), 2600 Bancroft Way, offers affordable classes in audio production and editing to Berkeley residents. Free orientations designed to introduce BCM to the public held on Thursdays, 6:30 to 7:30 p.m. at 2239 Martin Luther King, Jr. Blvd. For more information call 848-6370 and ask for Patrick, John or Sage.

YWCA offers free orientations of its Writing Point Career Center, 2600 Bancroft Way. The orientations outline the resources available to the public including a variety of workshops held Tuesdays, at 1:30 p.m. For additional information call 848-6370.

Menaz, 1317 San Pablo Ave., offers many dance classes ranging from Salsa to Kalarajali Dances of India, West Coast Swing to Lindy Hop and more. The Ashkenaz is a Jewish folk music and dance community. Call 525-5054 for additional information.

Stories/Collage and Ceramics classes forming at St. John's Senior Center, 2727 College Ave., Tuesday evenings 9 a.m. to noon. All are welcome. Free Sponsored by Berkeley Adult School Teachers are Diana Bohn and Judith Carroll. Call 845-6830 for additional information.

Temporary Women's Issues class is forming at the North Berkeley Senior Center, 1901 Hearst St. Free classes offered by the Berkeley Adult School, taught by Judith Carroll, MFCC. Meetings 10 a.m. to noon. Open to women 55 or older. Call 644-6107 for additional information.

Dance and Fitness Classes open to all in flamenco, Afro-Brazilian, belly dance, salsa, swing, ballroom, tap, theatre dance, yoga, chi gung, tai chi, aikido, pilates-based body conditioning and more at the YWCA, 2600 Bancroft Way, Berkeley. Drop in fees: \$8-10. Information: 848-6370.

Let's Swing and Jitterbug, 7 p.m. beginning classes, 8 p.m. intermediate; four-week dance classes beginning the first Tuesday of the month; Finnish Brotherhood Hall, 1970 Chestnut, Berkeley; Diana Castillo, 549-3591; \$40 for four classes.

Children

The Buddy Club Children's Shows begins the new Millennia on Sunday, Jan. 9, 11 a.m. to noon, at the Albany Community Center Theater, 1249 Marin Ave. with Hilarious Jay the juggler. Jay drops everything as he tries to balance fake knives, bowling balls, audience members and even rubber chickens, all while riding a 6-foot unicycle. Tickets: \$7, under 2 free. For tickets, birthday party reservations, and show information, call The Buddy Club at 652-7469.

Kids and their adult companions can explore the University of California Botanical Garden with Docent Lois Paul the last Sunday of every month at 1 p.m. You will visit a section of the Garden that represents a different continent or foreign country, find out what's special about the plants that grow there, and then draw what you see. Call 643-2755 to reserve your space.

"Theater Rats," Julia Morgan's kid's theater camp program, offers swimming, singing, dancing, acting, and field games as some of its exciting activities. The camp is a two-week session for kids 6-14. Call 883-7023 for additional information.

Health

The North Berkeley Senior Center, 1901 Hearst/MLK Jr. Way, offers a blood pressure session with Alice Meyers on Tuesday, Dec. 28, 9:30 a.m. Call Maggie or Suzanne at 644-6107 for additional information.

Charcot Marie Tooth (CMT) support group meets Saturdays bimonthly at West Berkeley Library, 1125 University Ave. from 2 p.m. to 4 p.m. CMT is a neurogenic disorder. Call 524-3506 for additional information.

YWCA Health and Community Education; drop in classes in dance, fitness, yoga, martial arts and more; University YWCA, 2600 Bancroft Way; 848-6370; \$8 - \$10.

Community

Berkeley Art Museum, Pacific Film Archive offers a guided tour of Equal Partner: Men and Women Principals in

Contemporary Architectural Practice presented by graduate students from the UC-Berkeley Department of Architecture, College of Environmental Design on Alternating Thursdays at 12:15 p.m. and on Sundays at 2 p.m. For additional information call 642-0808.

The Lawrence Hall of Science presents a Winter Holiday Family Science and Song Week beginning Sunday, Dec. 26 and continuing through Friday, Dec. 31. Celebrate the last holiday season of the century with festive family entertainment. Enjoy a full week of dazzling magic, fun music, storytelling, and more. Winter Holiday Family Science and Song Week is sponsored by Bayer Corporation's science literacy program, "Making Science Make Sense," and is included with museum admission. Call 642-5132 for detail scheduling and additional information.

The East Bay Debt Coalition holds an ecumenical walk at Lake Merritt, Dec. 28, 6 p.m. to 8 p.m. To mark the Jubilee 2000 "rolling Fast" during the last 100 days of the millennium, attendees will represent each of the 41 heavily-indebted nations. The rolling fast/walking vigil begins at Our Lady of Lourdes Church, 2808 Lakeshore Ave. Interfaith service to follow. Parking at the Chancery of the Diocese of Oakland, 2900 Lakeshore Ave. For information, contact Robert Delgadillo, 839-9003. To sign up as a faster, contact Athea Cummings, 642-8513.

Body Wisdom, inc. presents "One One Oh-Oh," an evening of fun and celebration on Jan. 1, 7:30 p.m. at the First Congregational Church, 2345 Channing Way. This is a concert for the first day of the millennium. Suggested donation: \$10, \$7 students and seniors.

The North Berkeley Senior Center, 1901 Hearst, presents a Millennium Party with music and song by the Toru Sato and Band. Refreshments will be served at 1:15 p.m. For additional information call Maggie or Suzanne at 644-6107.

Overeaters Anonymous meet Fridays at 1:30 PM at the Northbrae Community Church in Berkeley, 941 The Alameda between Solano and Marin Avenues, in Room 2—the childcare room—parents may bring their children. This organization is for individuals who eat compulsively. For further information, call Katherine at 525-5231.

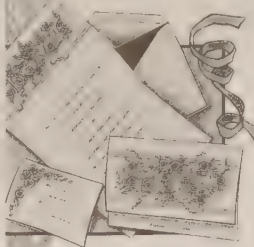
Toastmasters, do it now. Stand up and say what you mean. Come practice—Tuesday, noon to 1 p.m. at 700 Heinz Ave. Call 883-6708 for additional information.

Civil Rights activists needed. Write the ACLU chapter of Berkeley, Albany, Richmond, and Kensington. P.O. Box 11141, Berkeley, CA, 94701.

See CALENDAR, Page C8

Bridal Guide

... An exciting feature that will have valuable information for Brides and Grooms ... don't miss this exclusive opportunity to appeal to the growing Bay Area wedding market.



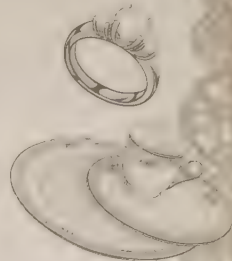
Appearing in the Friday, January 21st publication of

- The Montclarion
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- Berkeley Voice
- The Journal

with a circulation of 64,900.

Deadline date to reserve space and submit your ad is Thursday at 5 p.m. January 13, 2000.

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Hope For Heavenly Peace



Christmas at St John's

If this birth happen not in me, what does it profit me? What matters is that it shall happen in me."

Meister Eckhart

Christmas Eve, December 24: 5 pm Family Service with Eucharist and Pageant; 10 pm Christmas Carols; 10:30 pm First Eucharist of Christmas. **Christmas Day, December 25:** 9:30 am Eucharist. **Sunday, December 26:** 8 & 10 am Christmas Festival of Lessons and Carols (nursery and Church School 9:45 am)

St John's Episcopal Church

1707 Goulden Road (off Thornhill)
510 339-2200

Christmas Eve at Northbrae Community Church

- 5:00pm — Children's Service with a play, stories and carols
- 11:00pm — Candlelight Service of music, poetry and sacred words to open the heart to the joy of Christmas

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GREET THE NEW MORN

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CHRISTMAS EVE

Friday, December 24, 5 pm
Special service of worship for children and families
9:00 & 11:00 Candlelight & Carol services Chancel Choir and Gabriel's Trumpet Trio Organ and Brass Prelude 8:30 & 10:40

NEW MILLENNIUM

Sunday, January 2, 10:00 am
Berkeley Interfaith Celebration of the New Millennium "A Call to Peace"

Shirley Dean, Mayor, Pat de Jong, Senior Minister Wing-It Performance Ensemble, Berkeley Jazz School FCCB: an open and affirming community of faith in the heart of Berkeley on Dana between Durant and Channing Way (510) 848-3696

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Reverend Patricia de Jong, Senior Minister

St. Paul Episcopal Church

114 Montecito Ave., Oakland
Grand near Harrison

The Rev. Dr. John H. Eastwood

Christmas Eve, December 24

5 p.m. Pageant and Family Service
10:30 p.m. Sing-along Messiah
11 p.m. Festival Holy Eucharist

Christmas Day, December 25

10 a.m. Holy Eucharist with Carols

Sunday After Christmas, December 26

8 a.m. and 10 a.m. Holy Eucharist

Feast of the Holy Name, Saturday, January 1

10 a.m. Holy Eucharist

Feast of the Epiphany, Thursday, January 6

6 p.m. Choral Eucharist with potluck supper and program

Find A Home For Christmas

Each Life Counts...Help Us Help The Animals

Woof! My name is "Fina" (that's feena). I was found abandoned and I am looking for a new home and a friend to love me. I am soooo smart and extremely sweet & gentle. I even like CATS and I LOVE playing with other dogs! I am 1 year old, spayed and I have ALL my shots. I am incredibly loving (if I do say so myself) and I especially enjoy just resting my head on a lap. I promise to be your best friend. Please help me start a new happy life! You can call my good friend Chelsea at Hopalong Rescue: (510) 531-1131 if you are interested.

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FROM A ONEWOMAN SHOW TO HUNDREDS OF BAY AREA VOLUNTEERS

The Hopalong Legacy

By Sarah Cohen, President

It all began in March 1993 when the Montclairian newspaper ran a feature article. An eight-year old cat had been hit by a car. Its broken front paw never healed properly. His rescuers named him Hopalong. The Montclairian featured Hopalong as "pet of the week." The photo caught the eye of Helen Hill, a dedicated volunteer at the Animal Shelter. She felt that this spunky black and white kitty, running around on its three good legs, deserved a second chance. Hopalong himself thought others were more deserving; he took a special interest in cleaning and nurturing orphaned kittens Helen took in.

Earlier this year, Hopalong passed away at the ripe old age of 14. In his career as surrogate grandpa to dozens of homeless felines, Hopalong helped untold numbers of little kittens who would otherwise have faced euthanasia due to pet overpopulation. We miss Hopalong, but his legacy lives on.

As a result of this first rescue, Helen Hill single-handedly started Hopalong Animal Rescue in 1993. In 1996, Hopalong Animal Rescue became a non-profit corporation with the mission to rescue and place cats and dogs, primarily from the Oakland Animal Shelter. Since 1993, Hopalong Animal Rescue has placed over 5,000 animals by facilitating adoptions at the shelter and through mobile adoptions and community outreach. For many years, we were able to rescue all of the healthy, adoptable cats who would have been euthanized.

In 1995, an all-volunteer Board of Directors was formed. The volunteer and foster care program was formalized. We increased our ability to partner with the Oakland Animal Shelter by placing volunteers at the shelter to facilitate adoptions, help with animal care and evaluation and by running weekly mobile adoptions in the community.

Two years ago, we decided that every animal would be spayed/neutered, before being placed to reduce unwanted pregnancies. By doing so, we take an active role in ensuring that our community becomes a place where no adoptable animal needs to be put to sleep. Our costs have gone up considerably, as spays and neuters are \$30 - \$100 per animal and sometimes more. We believe it is a price worth paying. Too many animals are needlessly dying in our cities despite the Oakland Animal Shelter's valiant attempts to hold animals that we wish to rescue. The numbers are simply too high due to uncontrollable breeding and the absence of a spay/neuter ordinance.

Hopalong Animal Rescue has grown from a one woman effort to include a large number of dedicated volunteers and donors who make it possible for us to come closer to our dream of ensuring that no adoptable animal is euthanized in our community, starting with the Oakland Animal Shelter

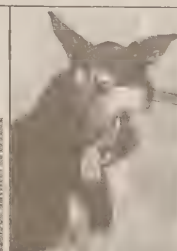
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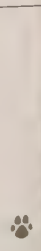
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Berkeley East Bay Humane Society (510) 845-7735

The next Adopt a Pet page will appear January 11, 2000.

To sponsor an animal or for information call Nancy DuPont at (510) 339-4033

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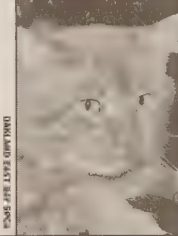
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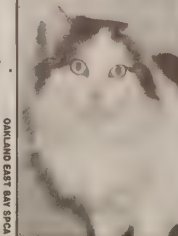
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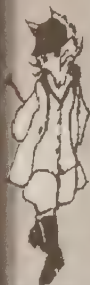


OAKLAND EAST BAY SPCA

Pet Talk

A PUBLISHED WEEKLY FEATURE

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Introducing "REVOLUTION"

By Dr. Allen Cesafsky, D.V.M.

Today nearly 55% of dogs and 77% of cats are not adequately protected against heartworm disease and fleas. A new product "Revolution" has just become available at many veterinary hospitals. It is the first topical solution that prevents heartworm disease in both dogs and cats, and also kills adult fleas and prevents flea eggs from hatching. This product contains "selemectin" a patented compound created by scientists from the "Pfizer" company. "Revolution" is available by prescription only.

"Revolution" treats a combination of parasites. In dogs it is effective against

heartworm, fleas, ear mites, sarcoptic mange, and American dog tick. Heartworm disease can kill a dog. Fleas make your dog miserable as well as contributing to blood loss and anemia and transmission of tapeworms. Ear mites and sarcoptic mange result in itchy skin and hair loss. In cats "Revolution" treats heartworm, fleas, ear mites, hookworm, and roundworm. Heartworm disease can kill a cat. Fleas also make a cat miserable and eventually anemic due to blood loss. Ear mites and sarcoptic mange cause discomfort, itchy skin and hair loss. These parasites can spread disease from one

pet to another as well as from animal to human.

If "Revolution" protects your pet both inside and out, once applied it enters the bloodstream through the skin. Concentrations in the blood and intestinal tract prevent heartworm disease and treat gastrointestinal parasites. Revolution selectively redistributes from blood to sebaceous glands, which are found below the skin's surface. "Revolution" presence in the sebaceous glands and in the skin is the reservoir of drug that provides protection against fleas, flea eggs and mites.

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30 lb. Bucket Limit 2 Buckets
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5.5 Oz. Limit 2 Cases
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CEDAR FRESH SCOOPABLE CAT LITTER
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•Flushable 12 lb Jug •Ultra 14 lb Jug
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13 Oz. 18 Pack (3 Cans Free)
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SENIOR *Living*

time and season for everything

of the most difficult decisions to accept is the fact that parents can no longer live alone at home. It then comes the adult-child who is faced with the responsibility of finding a more suitable living environment. Unfortunately, guilt can manage to enter the picture as well as a lack of understanding of the aging process. Since the family is facing this for the first time, they may not have a competent person to give the needed advice. It is so frustrating is that the adult who need placement services believe that they can manage a 24 hour a day care and leave to leave their homes. Unfortunately, it often takes a situation to convince them change is now necessary, such as a fall, a stroke or a hip.

At that point, the adult-child is thinking: Time is spent trying to

establish contacts with agencies, exploring facilities and locations; now we have families that are worn down emotionally. The uninitiated have so much to learn. Just understanding medical and legal terminology is not a simple task. It is unrealistic to believe that all you need to know can be simplified. I will touch on a few areas that I hope may help.

Parents who are still able to walk without a cane or walker, take their own medications, bathe and dress, are alert as to time, place and person, they would do well in a retirement/independent facility.

They will not have concerns about shopping, cooking or house cleaning. Instead, their time would be spent having adult stimulation with their peers coupled with complete security.

Most retirement/independent facilities have Assisted Living when care is needed. For

instance, if medications are forgotten, daily grooming has become a chore, or there is some memory loss. Assisted Living is a wonderful service. At the Altheim, we offer the "Life Line Response System" which is an instant communication with the Resident at anytime of the day or night.

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Acute Hospitals, Summit Medical Center, Kaiser Medical Center, John Muir Medical Center provide immediate treatment for

life threatening care or any emergency situation.

My practical advice would be not to wait until you need to admit someone. Instead, explore all of your options, be aware of your financial needs, and appoint a trusted family member to have Power of Attorney, for both health and financial concerns and know the type of medical insurance available.

These are the basics, but it will be a beginning and give peace of mind. After you have done your "home work" you may call me at The Altheim for further conversations or to make an appointment, and if you wish a tour. Call Penny Graff, Director of Marketing, (510) 530-4013.



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HILLS NEWSPAPERS

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<p>tra Costa on date indicated by file stamp above.</p> <p>Business commenced on November 12, 1939</p> <p>Expires November 12, 2004</p> <p>Legal the County #0188</p> <p>Published December 3, 10, 17, 1939</p>	<p>1520 Elm St El Centro, CA 94530</p> <p>This business is conducted by Co-Partners</p> <p>is Jane Sylvester</p> <p>The statement was filed with the County Clerk contra Costa on date indicated by file stamp above.</p> <p>Business commenced on December 6, 1959</p> <p>Expires December 6, 2004</p> <p>Legal the County #0202</p> <p>Published January 7, 31, 1959 and January 7, 20, 30, 1960</p>	<p>enise</p> <p>Janice L. Payne 900 Dobson Drive El Centro, CA 94530</p> <p>This business is conducted by an individual</p> <p>Janice L. Payne</p> <p>This statement was filed with the County Clerk contra Costa on date indicated by file stamp above.</p> <p>Business commenced on December 2, 1959</p> <p>Expires December 2, 2004</p>
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HILLS

Classifieds

Calendar

PAGE C8

Berkeley, Call 883-6708 for additional information.

Off Sensibly (TOPS) meets Thursday evening at the First Baptist Church, Richmond, on Solano below Highway 101. Call Betty Coates 235-0490 for information.

Yiddish conversation at 1 p.m. at the North Berkeley Senior Center, 1400 Shattuck Ave. Call 644-6107 for additional information.

Communicators Toastmasters meet on the first and third Thursday of the month from 7:15 to 8:30 a.m. at the Berkeley City Club, 2315 Durant Ave. Details: 524-3765.

Arthritis Support and Education meets on the second Tuesday of each month (except December) 1 p.m. in the Maffei Auditorium, Her Campus, 2001 Dwight Way. Dr. Brian K. Smith, a rheumatologist, has treated many patients with various types of arthritis and is available for questions. For additional information call 204-4503.

On Campus meet the first and fourth Wednesday of the month from 6:15 to 7:30 p.m. at the English Language Program Building, 2515 Durant Ave. Details: 704-1822.

Speaking Skills and Metaphysics meet together at Avatar Metaphysical Toastmasters. On-going meetings first and third Thursdays, 6:15 to 7:30 p.m., at the Regency Ave., Call 869-2547 for details.

Quality and Healing, Voices of Healing Group. Spiritually oriented healing group for people living with life-threatening illness. Meets second Wednesday of each month in North Berkeley. Call 825-5 for information.

Health Toastmasters Club meet

Winter Music: A gathering for the whole community takes place on Saturday, Dec. 25, 8 p.m. at the Julia Morgan Theatre, 2640 College Ave. Music includes rap, reggae, jazz, new age, Israeli, Liturgical, Ladino, and Klezmer. You'll leave the theatre singing. This is a benefit for the Derek Israel Memorial Scholarship Fund for the Greater East Bay Jewish Community Foundation and Congregation Beth Israel Wooden Synagogue Project. Tickets: \$15, \$17 at the door. Call 814-9946 for additional information or visit the web site at <http://www.jfed.org>.

every second, third and fourth Thursday of the month from 12:10 to 1:10 p.m. at the State Health building, 2151 Berkeley Way. Details: 649-7750.

Higher Alignment; 7 p.m. - 9:30 p.m. Mondays; fun, informative seminars creating spiritual partnerships; Feldenkrais Center, 830 Bancroft Way, Berkeley; (415) 461-5337; \$20.

Alta Bates Support Groups - Arthritis Support Group meets the second Tuesday of every month; 1 - 2:30 p.m.; 204-4503. Call for additional special events.

Overeaters Anonymous, a 12 step program providing free aid for those with eating problems, meets in Berkeley every Saturday at 8:30 a.m. (newcomers at 8 a.m.) at St. John's Church, 2727 College Ave. and in Richmond every Thursday at 7 p.m. at Kaiser Hospital, 901 Nevin (take Elevator C to the third floor). For further information, call 273-9292.

TOPS: 9:30 a.m., Mondays; Take Pounds Off Sensibly, Albany Chapter meets at 980 Stannage St. at Marin; 233-2948 or Karen, 525-6858.

Avatar Metaphysical Toastmasters; meetings on the 1st and 3rd Thursdays of the month from 6:15 p.m. to 7:30 p.m. Call 643-7645.

Toastmasters; noon - 1 p.m. Tuesdays; stand up and say what you mean; practice with the toastmasters; 700 Heinz Ave., Berkeley; 883-6708.

Alta Bates Rehabilitation Center and **East Bay Neurology** sponsors a free monthly stroke support group. No advance reservations are required, drop-in anytime. The group meets the first Tuesday of each month from 4 p.m. to 5 p.m. in the Maffei Auditorium on Her Campus, 2001 Dwight way, Berkeley. Details: 204-4503.

Music

International Soul Orchestra performs Caribbean Soul dance music with members of Jungular Grooves on Friday, Dec. 24, 9:30 p.m. at Ashkenaz, 1317 San Pablo Ave. Tickets: \$7. Call 525-5054 or visit www.ashkenaz.com for additional information.

Winter Music: A gathering for the whole community takes place on Saturday, Dec. 25, 8 p.m. at the Julia Morgan Theatre, 2640 College Ave. Music includes rap, reggae, jazz, new age, Israeli, Liturgical, Ladino, and Klezmer. You'll leave the theatre singing. This is a benefit for the Derek Israel Memorial Scholarship Fund for the Greater East Bay Jewish Community Foundation and Congregation Beth Israel Wooden Synagogue Project. Tickets: \$15, \$17 at the door. Call 814-9946 for additional information or visit the web

NEW YORK TIMES CROSSWORD PUZZLE

CHRISTMAS CACHE

BY FRANCES HANSEN / EDITED BY WILL SHORTZ

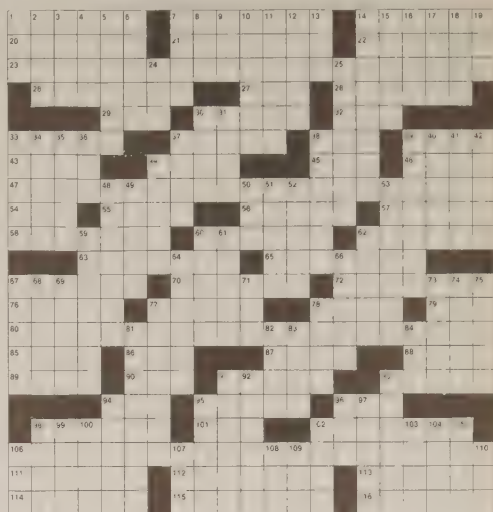
ACROSS

- 1 Pilgrims to Mecca
7 More than a cause
14 Enjoyed a soak
20 Protozoan
21 Having a few buttons missing
22 Fighting
23 Start of a verse
26 Quake
27 Mauna —
28 Fairy tale meanie
29 Pupil's place
30 Newsmaker of 2/20/62
32 Mystery writer Josephine
33 Kind of whale
37 Not even-tempered
38 "Out, dagnabbit!"
39 "Passion According to St. John composer"
43 Like new
44 Game in which the 13 spades are laid faceup
45 Buck's love
46 Tortosa's river
47 More of the verse
54 To boot
55 Cries of discovery
56 Prom needs

- 57 Johnson's vaudeville partner
58 Secretary of War, 1940-45
60 Hunk
62 Thorny
63 Loose
65 Old holder of writing fluid
67 Loud
70 Epoch in which mammals became dominant
72 New York tribe
76 Actor Reeves
77 Either of two O.T. books
78 Site of the forges of Vulcan
79 River inlet
80 More of the verse
85 Rain check?
86 Suffix with Christ
87 Suffix with Gr.
88 Gr. 1-6
89 "A one — two which the star in 'The star is fall'n'"
90 Before, once
91 Yellow shade
93 Nita of "Blood and Sand," 1922
94 The works
95 Chili
96 Blackbird
98 Kind of dame
101 Table scrap

DOWN

- 1 "Left!"
2 Writer Kingsley
3 "How — the little busy bee ..."
4 King in II Kings
5 Footnote word
6 Yellowish-red
7 Driver who talks
8 Hightailed it
9 Burma's first P.M.
10 Moved easily
11 In Shakespeare the star in "The star is fall'n"
12 Israeli leader with an eyepatch
13 Conductor — Pekka Salonen
14 Planned for, in a way
15 Wroth
16 Actual
17 Sartre's "— Clos"
18 Extensions
19 Baiting need
24 Opposite of 1-Down
25 Department store
30 Blood's partner
31 Nut
33 Jimmy of "N.Y.P.D. Blue"
34 Red or white wine
35 Ballade conclusion
36 Map abbr.
37 Dallas team, informally
38 Solidarity's birthplace
39 "Coronation of the Virgin" painter
40 Humiliate
41 Town —
42 Like rhinos
44 James Bond woman in "Thunderball"
48 Patent medicine, e.g.
49 Gunwale pin
50 Everyone has one
51 — law
52 Razorbacks
53 Actual
59 The old folks
60 Ancient market
61 Designer's job
62 Pretty, to Burns
64 Sharpen again



- 66 How some arguments are conducted
67 Dog with a long, curled tail
68 Satirist Brendan
69 Nixon's first Defense Secretary
71 Tip
73 Part of a fire safety program
74 Felt bad
75 Game ragout
77 Prague's — University
78 Start of North Carolina's motto
81 Bows before
82 "Wheel of Fortune" choice
83 Mud, say
84 Indeed
91 Leatherneck
92 Tricky
93 Birdbrain
94 Concerning wartime messages
95 Like many
96 Medicine's — system
97 Red-spotted creatures
98 Halliwell, formerly of the Spice Girls
99 Baseball stats
100 Sheltered
102 Addie's husband in "As I Lay Dying"
103 "— she blows!"
104 Architect Saarinen
105 Humdrum
106 Salaam
107 Writer LeShan
108 Infamous Amin
109 Cognizance
110 Wind dir.

site at <http://www.jfed.org>.

Hausmusik presents a Handel Extravaganza: A Sumptuous Banquet of Musical Delights with Secular Songs, Cantatas and Trio Sonatas on Saturday, Jan. 8, 8 p.m. at St. Alban's Church, 1060 Solano Ave. The concert features Jennifer Ellis, soprano, Lisa Grodin and Carla Moore, violin, Tanya Tomkins, cello, and Hanneke

van Proosdij, harpsichord and organ. Tickets: \$17 general and \$14 students seniors, members and includes refreshments. Advance reservations are recommended. Call 559-4670 or email tish-leb@mindspring.com for information and reservations.

Instituto Pro Musica de California heralds the arrival of the Three Kings, with its

thirteenth Annual Dia de Los Reyes Concert Cycle, Saturday, Jan. 15, 8 p.m. at St. Joseph the Worker Church, 1640 Addison St. This is a joyous celebration of choral music from the Spanish-speaking world, performed by Coro Hispano de San Francisco and Conjunto Nuevo Mundo. Besides the Berkeley performance, the series includes performances

on Saturday, Jan. 8, at St. Dominic's Catholic Church in Benicia, Jan. 9, 4 p.m. at the First Congregational Church, Palo Alto, and ends Jan. 16, 4 p.m. at Mission Dolores Basilica, San Francisco. Tickets \$15, general admission, \$12 seniors and students; with children 16 and under free. For additional information and to charge by phone call 415-431-4234.

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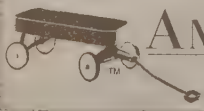
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It is the Bank's tradition at this holiday time of year to acknowledge our "Santas". Those employees who have given so unselfishly of their time, energy, and care all through the year to help those less fortunate and needy in our community. These employees carry on a tradition of personal involvement in community service that began nearly a century ago and thrives today as an inherent part of our family culture. As we enter a new millennium, we invite you to join us and become a "Santa"...every day of the year.

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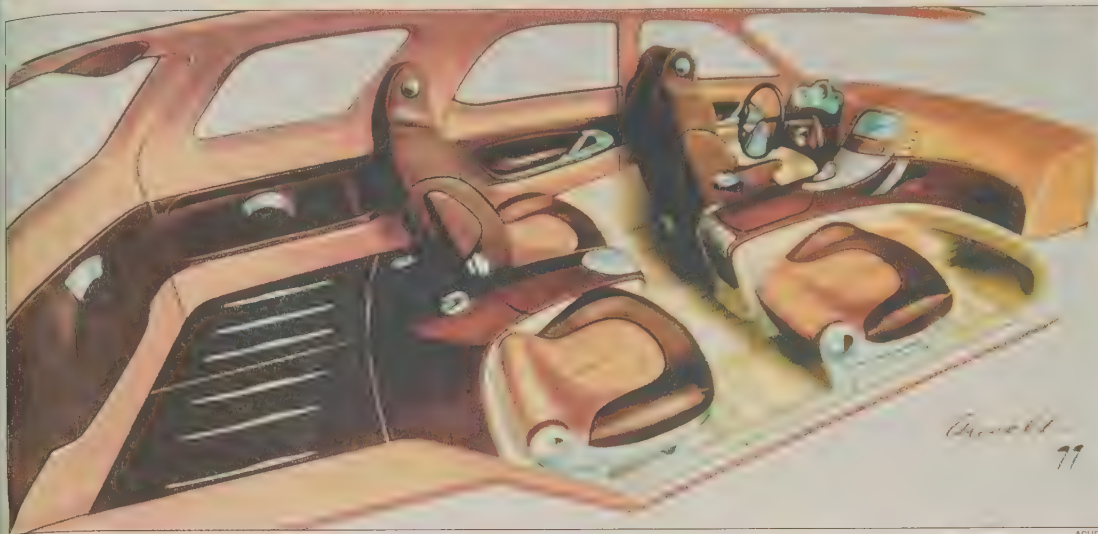
December 24, 1999

Section D

Trends Are you ready for coast-to-coast seamless audio? [D2]

Business Ford considers moving Jaguar, Volvo HQ to California [D2]

Clubs Proving that birds of a feather turbodrive together [D4]



Drive, She Said



By Denise McCluggage

Acts of dumbness make their mark.

Think risks through; save your life

Driving is what everybody does better than everybody else. Just ask anybody. Yet someone out there is doing dumb stuff.

Someone is following too closely, cutting in too sharply, peering through windshields blanketed with stickers, yacking on a cell phone while oblivious to catastrophe, dawdling along in the so-called fast lane, jumping on the brakes when such action is counterproductive and dazling the world by constant use of high-beam headlights. (The list goes on so feel free to jump in with your pet anguish inflicted on you by other drivers.)

If you are not committing any of these acts of dumbness (and I certainly am

Acura pulls the wraps off MD-X concept

By Arnold Wechter

NORTH AMERICAN AUTO WRITERS SYNDICATE

Wanna know what Acura's been cooking up for 2000? Wonder no longer. The automaker just pulled the wraps off

its 2001 model 3.2CL performance coupe and its MD-X concept SUV. Acura is set to debut the CL coupe at the Los Angeles Auto Show, while the MD-X concept vehicle will be unveiled at the nation's top show, the North American Interna-

tional Auto Show in Detroit.

"The Detroit and Los Angeles auto shows are excellent venues to clearly demonstrate our exciting future direction for Acura," said Dick Collier, executive vice president, Acura Division. "The

CL and MD-X signal our intentions to be segment leaders in the luxury performance coupe and sport utility markets."

The 3.2CL features a high-output en-

See SECRETS, Page D4

See SAFETY, Page D4

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Satellite system tunes in changes for AM/FM car radio

Radio relieves the boredom of long distance driving. Frequently, when you have tuned in a station you enjoy, the signal begins to break up and then is lost altogether. That's because you drive out of a station's range or hit a dead spot. Then you're compelled to listen to broadcasts that you may not enjoy or drive in silence.

This should end when satellite radio broadcasts are inaugurated in 2001. Ford and GM plan to begin installing the new receivers in cars that can receive about 100 channels of music, news, talk and other entertainment. The broadcasts will be beamed down from satellites so you can listen to them coast to coast wherever you drive. Hawaii and Alaska residents, however, will not receive the broadcasts.

One sticking point is that Ford and GM will use non-compatible technologies, so the receivers installed by the companies will not be interchangeable. America's number one and two carmakers plan to charge about \$10 per month for the new service. Both systems promise much the same results.

- No loss of signal within continental U.S.
- Most channels will be commercial free.
- Sound quality superior to conventional radio.
- Both systems will broadcast to receivers than can still receive AM/FM stations.

Ford claims it will be first to offer satellite radio when it begins installing the AM/FM satellite receivers in cars during the first quarter of 2001. Although it hasn't announced which cars satellite radio will be introduced in, Ford says it will eventually be available in all seven brands: Ford, Lincoln, Mercury, Jaguar, Aston Martin, Mazda and Volvo.

If Ford is actually first, GM won't be far behind. The world's biggest carmaker says it will begin offering

Down the Road
By Herb Shuldiner

Sirius has a NASA-type control center and one of the world's largest digital automation systems. Its digital satellite radio system is scheduled to offer 50 channels of news, sports and entertainment programming and 50 channels of commercial-free music.

satellite radio receivers in the first half of 2001, but has not specified which cars will get it first.

Sirius Satellite Radio, Inc. is the vendor for the Ford system. XM Satellite Radio, Inc. will supply GM with the technology. Sirius has a NASA-type control center and one of the world's largest digital automation systems. Its digital satellite radio system is scheduled to offer 50 channels of news, sports and entertainment programming and 50 channels of commercial-free music.

Sirius will get content from National Public Radio, BBC, Bloomberg and other information providers. These broadcasts will be relayed through three satellites that are now under construction. The first satellite is scheduled for launch in

January, 2000.

GM's provider, XM, says it will broadcast from two satellites made by Hughes Space & Communications. A network of terrestrial repeaters will augment the satellite signal coverage. Its programming includes music by artists with strong sales who do not get air play on conventional AM and FM stations. Rock, country, jazz, reggae and pop classical music will be aired by XM. The company plans to give each channel a specific name and personality.

Panasonic, Alpine, Delphi Delco, Motorola, Pioneer and Sharp are among the manufacturers who will offer radios that receive satellite broadcasts and conventional AM/FM stations. Home receivers and portable radios with the capability of playing the satellite broadcasts will also be available to subscribers.

Many questions remain about whether satellite radio can be successful. One of the main issues is that most drivers, who constitute about 70 percent of radio listeners, prefer local stations for immediate area traffic and weather conditions. Can national stations duplicate this type of local coverage?

One point that won't be known until the services are actually available is how many listeners will be willing to spend \$120 a year for the special radio reception when local radio is free. Another non-satellite based system is under development by USA Digital Radio, Inc. of Columbia, Md. It plans to insert digital signals under the present AM/FM spectrum not currently used.

The main advantage of USADR's system is that it will not replace local stations, but merely improve the sound quality of their broadcasts. USADR's system will also require new hardware.

But it has so far only managed to interest one company, Kenwood, in considering manufacturing hardware for its system.



XM SATELLITE RADIO will beam up to 100 broadcast channels from two satellites to a receiver to recapture the signal coast to coast.

Ford turns its back on curves, goes straight with new Focus

By Arnold and Marion Wechter
NORTH AMERICAN AUTO WRITERS SYNDICATE

Is round out and straight in? Ford may be changing the shape of future automobiles if its "New Edge" styling takes hold.

Unlike the current industry styling which features soft, round curves, the New Edge styling features sharp lines and creases. We first saw it on the Mercury Cougar sports coupe and now the highly successful Ford Focus compact series has arrived on the scene.

With the Focus, like the Cougar, it takes a while to become used to the new styling — this was true when we tested the Cougar and is true with this new small car from Ford. It took nearly the entire seven days of our test to start appreciating the new design. But once it takes hold the "New Edge" styling becomes appealing.

Focus was designed in Europe and it already is the best-selling car in England. It

has received high praise from European auto writers as a definite step forward.

While designed and built in Europe, North American models are manufactured at Ford's plants in Wayne, Mich. and Hermosillo, Mexico.

One nice feature of the "New Edge" look is that makes the Focus stand out in the crowd. You'll never lose it in a crowded parking lot.

The bold new styling also has added benefits. It allows the designers to provide more than adequate interior room. Ford claims the car's design started on the inside aimed at a new generation of customers, taller than ever before. The Focus' cabin provides more cabin space, interior comfort and roominess.

Focus' high roofline, raised seating positions, tall, wide door and long wheelbase work together to provide more overall passenger room than any major competitor.

Seating positions are more upright, which results in more than 43 inches of front leg room and more than 37 inches in rear leg

room — more than three inches additional front leg room and almost one-half inch more rear leg room than the competition.

Ford claims the Focus will seat five comfortably. We disagree, four comfortably but a third passenger in the rear seat is going to be squeezed.

Ford is aiming the Focus at the Chevrolet Cavalier, Saturn SL, Saturn Wagon, Dodge/Plymouth Neon, Toyota Corolla and Honda Civic.

We expected Marion to stick her nose into the air with the arrival of the Focus on the driveway. She's not known for her love of compact cars. Wrong again, she fell in love with it. "The styling is excellent and the interior marvelous," she said.

Our test car was the ZTS four-door sedan — the top-of-the-line model. The Focus is offered as a sporty 3-door coupe, sedan and station wagon. The three models are offered in four series (ZXI, LX, SE and ZTS) matched to varying lifestyles.

What ZTS stands for we don't know. Maybe "Tasty, Zesty, Spicy." Your guess is as good as ours.

All of the above means little if the Focus isn't a good performer.

Focus is powered by two 2.0-liter engines and a choice of manual or an all-new electronically controlled automatic transmission. The test car was equipped with the lightweight, high-efficiency 2.0-liter 16-valve DOHC Zetec inline 4-cylinder engine that delivers 130 horsepower at 5300 rpm. Peak torque is 135 ft/lbs at 4500 rpm.

The provides the Focus with more than adequate power and mated to the manual transmission performance is both perky

and smooth. Marion fell in love with manual transmission. "Leaves a lot of smoothness added."

It also is a frugal engine on the road and around town averaging 25.5 mpg. The EPA be

See FORD, Page D4

SPECIFICATIONS:

2000 Ford Focus

- Type: 4-door sedan
- Base price: \$11,495
- As tested: \$12,495
- Engine: DOHC inline 4-cylinder, transversely mounted, front-drive
- Displacement: 2.0-liters

- Horsepower: 130 bhp @ 5300 rpm
- Torque: 135 ft/lbs @ 4500 rpm
- Transmission: 5-speed manual, optional 4-speed automatic
- Steering: power-assisted rack-and-pinion
- Brakes: front 258 mm ventilated discs, rear 203 mm with optional ABS

- Wheelbase: 103.0 in.
- Overall length: 174.9 in.
- Width: 66.9 in.
- Height: 56.3 in.
- Track, front/rear: 58.8/58.5 in.
- Curb weight: 2,551 lbs.
- Fuel capacity: 13.2 gal.
- EPA rating: 26 mpg city, 33 mpg highway

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Ford considers moving Jaguar, Volvo headquarters from N.J. to California

THE ASSOCIATED PRESS

NEWARK, N.J. — Ford Motor Co. may move the North American headquarters of its Jaguar and Volvo brands from New Jersey to Irvine where it already bases its Lincoln and Mercury brands.

Any move, which would affect nearly 700 workers, would also involve Ford's Aston Martin brand, which has two people working out of the Jaguar offices, company officials said Monday.

The relocation investigation is "in the early, very early stages" and no timetable has been set for a decision, said Tom Mattia, a Lincoln spokesman in Irvine, where Lincoln and Mercury went three years ago from Ford's base in Dearborn, Mich.

Some 150 people work in Irvine and a new headquarters building is to be erected, he said.

Sweden-based Volvo has 500 people in Rockleigh, N.J., while England-based Jaguar has 180 people in Mahwah, N.J. Aston Martin is headquartered in England.

The possible shift of its North American bases is related to the formation of Ford's premier automotive group last spring. The unit is in charge of Ford's luxury brands: Lincoln, Jaguar, Volvo and Aston Martin.

Ford, the No. 2 automaker worldwide, is examining how those brands can "share resources," Mattia said.

Soren Johansson, a spokesman for Volvo Cars of North America Inc., said the move has been under review since early summer after being raised by Wolfgang Reitzle, the former product development chief at BMW AG who joined Ford to run its premier automotive group in March.

In the event of a move, the staff has been told that those who cannot move "will be taken care of very well," Johansson said.

The comments came in response to an article posted Monday on the Web site www.thecarconnection.com. Citing unnamed sources, the article said the New Jersey operations would move to California, "barring a last-minute change."

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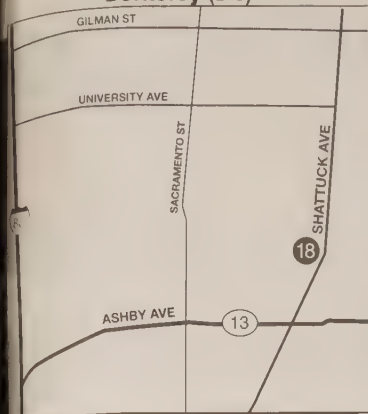
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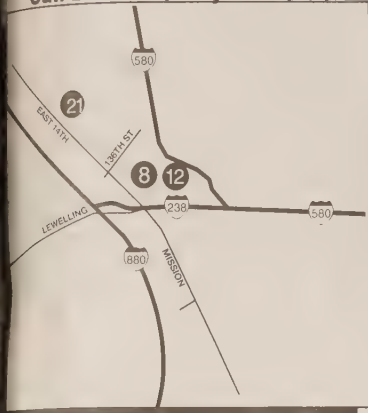
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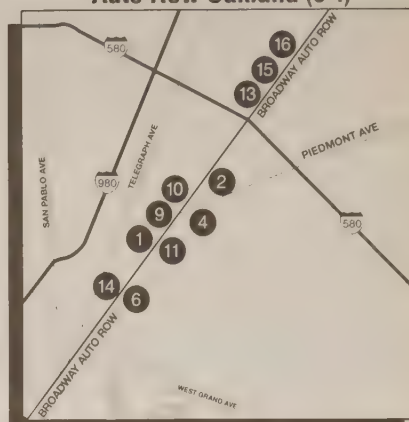
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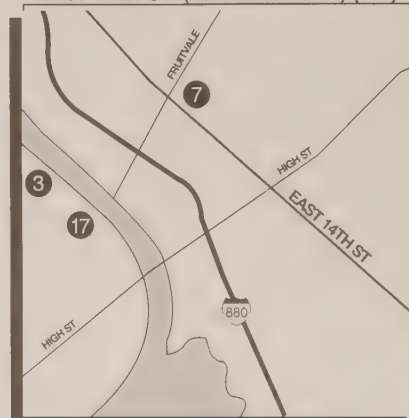
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Safety

FROM PAGE D1

not), then it must be your brother-in-law, the bag boy at the your supermarket, or your boss's niece.

If you know a subtle way to lead them to enlightenment, then you will be doing the wheeled world a major favor. First, I'll pose three questions. If you get them right you are ready to go forth and be a glowing example to others. If you fail, you can take up bagging groceries or being your boss's niece. Assume the same scene

throughout.

The temperature is below freezing, but there's little evidence of a recent snow fall. You are approaching a stop sign on a slight downhill grade. There are no cars ahead of you. The cross street, which has no stop sign, has light traffic. What should you be thinking as you approach the stop sign?

1. I should call Jim Whatsiz before noon because of the time zone difference.

2. Snow at stop signs is often compacted to ice, so it lasts longer than anywhere else and heat from the catalytic converters on the cars stopping there keeps the surface

moist, keeping things slippery, so I should do my braking early. Since I have anti-lock brakes, I should press hard and steadily on the brake pedal instead of pumping like the shop teacher (doubling as a driving instructor) told us in high school.

3. Maybe I should wait and let Jim Whatsiz call me on his nickel.

Did you choose 2? You are right. The next is the same scene, but there is a car stopped at the stop sign. A pickup darts out of a parking lot in front of you, so it is between you and the stop sign. What do you do?

1. Honk your horn to notify the pickup driver he's done something

risky.

2. Brake immediately on bare pavement, creating a space cushion between you and the pickup before you reach the slippery stretch near the stop sign. You realize that if you cannot stop in time you will have ample room to steer to one side or the other of the pickup. Because you have ABS, you know that the controlled turn is possible while still braking, which is not the case with conventional brakes.

3. You decide it is unlikely you'll be able to stop in time, so you pick up your cell phone and punch the button for the body shop (you tend to call them frequently) and tell them

to be ready for you again.

Number two is right again. OK so far?

Now another. This time the pickup bops out behind you instead of in front, but one look says there's no way it can stop at the sign without an exterior assist. Two cars are approaching the intersection in the far lane of the cross street. There's nothing in the near lane. If you stop at the sign that pickup will collect you. What do you do?

1. You stop anyway while punching up your lawyer on the cell phone to set a suit underway against the pickup driver and start planning what car you'll buy next when this

one is totaled.

2. You accelerate to clear the cross street without stopping to fit between the two cars.

3. You don't stop at the sign, make a tight, rear-end pass into the empty lane of the cross street, keep accelerating to avoid the parts fallout when the car collects the two cars in the intersection.

The answer is three. One, you didn't? No? So now go back and be exemplary. Don't let the pickup spin out and the driver missed him. Only happen here.

Secrets

FROM PAGE D1

gine, sporty styling and host of luxury appointments. See your Acura dealer in March for a closer look.

Acura's MD-X represents the division's vision of a next generation SUV, emphasizing on- and off-road performance combined with a host of technological and design innovations.

Lexus sells millionth car

After 10 years of selling cars and trucks in the United States, Lexus has sold its millionth unit, a Millennium Silver RX300. To commemorate this milestone, the manufacturer

has donated one of the RX300s to the Petersen Automotive Museum in Los Angeles to support the museum's programs and exhibits.

The car will sit in the museum's lobby for six months, then will move to the auction block at Christie's International Motor Cars annual auction with the proceeds to benefit the museum to help fund educational programs and future exhibits.

The museum, located in the heart of Los Angeles, is one of the world's largest and most innovative automotive museums. The \$40 million museum, operated by the Natural History Museum Foundation of Los Angeles County, opened to the public in 1994.

Ford

FROM PAGE D2

will do better. It rates it at 26 mpg City and 33 mpg on the road.

The base engine is a single overhead cam split-port induction (SPI) engine that provides 110 horsepower at 5000 rpm and 125 ft/lbs of torque at 3750 rpm. This engine has been upgraded significantly to improve noise/vibration/harshness (NVH) and reduce weight.

We found driving the Focus provided to be fun because the car never stumbled or hemmed and hawed on grades and its handling provided a feeling of security.

Engineers provided the Focus

with a stiff body structure and at the same time it is one of the lightest vehicles in its class.

Ford says an independent multi-link rear suspension is a major reason for the cars excellent handling and ride.

The low-friction rack-and-pinion steering with power assistance earned high praise from both of us. Road feedback proved superb.

Safety has not been overlooked. Driver and passenger air bags are standard and head-and-chest side air bags are an option.

The interior of our ZRS sedan was roomy as we reported earlier. It was also well done. The seats, which are height adjustable, are comfortable but could use additional support. The rear bench seat, which can

be folded to provide additional storage room, is good.

We linked the instrument panel

One of the Focus' most impressive features is the huge trunk. Marion gasped when she loaded her golf gear along with cart and saw there was still room for luggage.

which is guarded against theft is located directly on front end of the car and consists of speed and temperature gauges. It also provides other warning signals. Cruise controls are located on the steering wheel.

The most important feature located on two stalks on the justable steering column. The steering column is adjustable down and front and back.

One of the Focus' most impressive features is the huge trunk. Marion actually gasped when she loaded her golf equipment along with cart and there was still room for luggage.

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Attn.: Ed English, 925-447-9480.
Monthly show and shine: 4th Wednesday of the month April through September (3rd Wed. August) Monthly meeting second Tuesday each month, 7:30 p.m., Cattle-men's Restaurant in Livermore.

Antique Automobile Club of America, California Region

Pres. Lloyd Riggs 925-939-9007; VP Don Azevedo 925-427-6624; Sec. Thane Atherstone 925-228-5750. Meetings: 2nd Tues. of the month, 7:30 p.m. Call for meeting place. For those interested in autos 25 years and older. Web site: www.aaca.org.

Austin-Healy Club

PO Box 6197
San Jose, CA 95150

Bay Area Miata Association/Miata Club of America

Membership: Mimi Blaine
PO Box 60532
Sunnyvale, CA 94088-0532
510-865-0804
E-mail: enjoy89@aol.com; Web site: www.txtbama (for local info) or www.miata.net (for national info)
Meetings: Second Tuesday or Wednesday of the month; location varies. Newsletter BAMA Backroads lists activities including rallies, fun runs, autocrosses, social dinners. Laguna Seca historic races, and more.

Bay Area Mustang Association

PO Box 2092
Castro Valley, CA 94546-8292
E-mail: mustanggt@hotmail.com
President: Dennis Rohde 510-797-2667
Secretary Chuck Wiltens 510-481-8784
Meetings 7:30 p.m. second Tuesday each month at Castro Valley Women's Club, 18330 Redwood Rd., all years of Mustangs welcome.

Bay Area Thunderbird Owners' Club (BATOC)/Classic Thunderbird Club International

Ann Gregory, president
415-479-7320
John Suter, VP Membership
415-485-0446
Dedicated to the preservation of the classic 1955-57 Thunderbird. Oldest classic Thunderbird club in U.S.

BMW Car Club of America, Golden Gate Chapter

909 Marina Village Parkway, # 189

Alameda, CA 94501
Contact: Charles Quarton, president, 408-746-3662

Meetings: Board meets third Wednesday of the month; general meetings as announced. Hotline: 925-556-4GGC or www.ggc-bmw-cca.org

BMW Vintage Club of America

P.O. Box S
San Rafael, CA 94913
Attn: Tom Graham

Borgward Owners Club

2901 Moorpark Ave. #265
San Jose, CA 95128
408-244-3123
Don Hoskins

Buick Club of America, California Capitol Chapter

Publicity Coordinator: Fran Frates
4767 Bowerwood Drive
Carmichael, CA 95608
916-489-6631

Cadillac Drivers Club

5825 Vista Avenue
Sacramento, CA 95824
Attn: Wray Tibbs

California Chrysler Products Club

PO Box 2660
Castro Valley, CA 94546
Norm Frey, (510) 886-0931
Meetings: Monthly, at members' homes. Membership: \$15/year.

Dedicated to the preservation, restoration and enjoyment of Chrysler product cars. Organized meets and tours. Monthly newsletter, the Silver Dome Gazette, with photos, wiring diagrams, specifications, classified ads free to members.

Club Elite

6238 Ralston Avenue
Richmond, CA 94805-1519
Attn.: Mike Ostrov

CSRG (Classic Sports Racing Group)

PO Box 825
Danville, CA 94526
Dan Radowicz or James Herlinger
925-736-2823
Monthly board meetings, one annual membership meeting
Four to six races per year

Contemporary Historical Vehicle Association (CHVA)

Dale Galloway, promotion manager
2870 eden Plains Rd.
Brentwood, CA 94513
925-625-3333.

Open to all cars 1928 to 20 years old. Monthly tours in 24 regions. National tour coming up of the Carolina Coast. Magazine, nationwide emergency support group.

Diablo A's Model A Ford Club

Chapter of Model A Ford Club of America, Inc.
PO Box 6125
Concord, CA 94524
Contact: Steve Mick, 925-838-7570, smick@verio.com.

Meetings 8 p.m. third Friday of the month (except December) at St. Andrews Presbyterian Church, 1601 Mary Drive, Pleasant Hill, CA.

Diablo Four Wheelers

Concord, CA
Contact: Steve Mallo, vice president 925-799-1063
Family four-wheeling since 1964. Primarily Jeeps, but all makes of 4WD accepted. Signatory to the California Association of Four Wheel Drive Clubs (CA4WDC) in Sacramento.

Meetings first Tuesday of every

month 7:30 p.m. at Round Table Pizza, Martinez, Pine St. exit off Hwy. 4. Guests are encouraged and welcome.

Diablo Valley Classics

PO Box 21514
Concord, CA 94521
(925) 609-7419

For all 1955-1957 Chevrolet cars, trucks and Corvettes. Meetings are usually the first Friday each month at the Contra Costa Water District building off Concord Ave. Main annual event: Annual Classic Get Together at Concord Blvd. Neighborhood Park (Oct. 3 this year).

Diablo Valley Corvette Club

PO Box 5824
Concord, CA 94524
Hotline: 925-672-8225
President: Jim Neylan (925) 676-0873

Diablo Valley Mustang Association

President: Mike Weldon
Web site: www.jps/dvma
Meetings: Second Wednesday each month at Fuddrucker's, the Wil-lows, Diamond Blvd., Concord. Mustangs of all years.

DKW Club of America

260 Santa Margarita Avenue
Menlo Park, CA 94025
Attn: Byron Brill

Early Ford V-8 Club of America

PO Box 2122
San Leandro, CA 94577
Attn.: Dan Wittern

Econoline Organization

15039 Costela Street
San Leandro, CA 94579
Attn: Jay Long

Falcon Club of America, River City Chapter

c/o Mark Milton
610 Kentucky Ave.
Woodland, CA 95695
530-661-3606

Fiero Owners Club of America

Northern California Chapter
2380 Pleasant Hill Rd.
Sebastopol, CA 95472

Ford T5 Owners

PO Box 669
Livermore, CA 94551-0669

Golden Gate Classic Thunderbird Club

Mike or Rita Press
124 Hollyhock Ct.
Hercules, CA 94547
510-799-0556
E-mail mjprgp@hotco.com.infi.net

Meeting/outing: Second Saturday of the month. For those interested in 1955 through 1957 Thunderbirds. Members come from Contra Costa, Alameda, San Francisco, Marin and San Mateo counties.

Golden Gate Lotus Club

PO Box 117303
Burlingame, CA 94011

Green Flag Driving Association

342 Laurelwood Road
Santa Clara, CA 95054

Hispano-Suiza Society

175 St. Germain Avenue
San Francisco, CA 94114

Iso & Bizzarini Owners Club

2025 Drake Drive
Oakland, CA 94611

Italian Car Registry

3305 Valley Vista Road
Walnut Creek, CA 94598-3943
Attn: John deBoer

Jaguar Associate Group (JAG)

Attn: Pat Shasby, Pres.
13560 Howen Dr.
Saratoga, CA 95070-5403
408-867-1265, FAX 408-867-3731
www.jag.org

JAG is a San Francisco Bay Area car club consisting of 300+ owners and individuals who appreciate Jaguar automobiles. The location of meetings changes each month. Newsletter: The JAGazette, Richard H. France, editor, 408-353-3770.

Jewett Owners Club

24005 Clawlitter Road
Hayward, CA 94545

Lamborghini Club of America

170 Monte Vista Road
Orinda, CA 94563

Locomobile Society of America

3165 California Street
San Francisco, CA 94115-2412
Attn: Norm Buckhart

Mercury Stray Cats Classic Cougar Automobile Club

Dennis Pierachini, President
PO Box 41
Fairfield, CA 94533-0004
E-mail: info@classiccougar.com
Web site: www.classiccougar.com
Dedicated to preservation and enjoyment of classic Cougars, 1967-73.
Meetings: 2 p.m. second Saturday each month, Burger Road, Pleasant Hill. Monthly newsletter with technical tips, calendar of events, reports, flyers from related events, list of establishments for club discounts, want ads and more. Annual car show, fall club outing, technical workshops. Membership \$20/year.

MG Owners' Club (MGOC)

Correspondence secretary: George Steneberg
9 Pomona Ave.
El Cerrito, CA 94530
510-525-9125
E-mail: j2george@pacbell.net

Web site: home.pacbell.net/jensten
Meetings: 7 p.m. second Thursday each month, location varies. Activities include tours, rallies, tech sessions, shows, picnics, annual dinner, awards, monthly gatherings at pubs, meetings. Monthly newsletter The Octagon provides free ads for members, technical and helpful articles, humor, and events.

Mid-Peninsula Old Time Auto Club

PO Box 525
Belmont, CA 94002
Attn: Hal Schuette

Military Vehicle Club of California/Military Vehicle Preservation Association

East Bay Contact: Lee Edwards, 925-447-9387.

Monthly swap meets, two statewide rallies. Anyone with an interest in any age and nationality of military vehicles is welcome.

National association: PO Box 520378
Independence, MO 64052-0378
816-737-5111

Membership: \$30/year

Mt. Diablo High Performance Chevy Club

4026 Burbank Dr.
Concord, CA 94521
925-827-0851 after 7 p.m.

925-686-2624 from 9 a.m. to 5 p.m.
1992-1999 Corvettes and Ca-

maros. Meetings once a month, schedule varies. Contact: Nancy Henderson.

National Auto Sport Association

PO Box 21555
Richmond, CA 94805

Northern California Corvette Association

Sharon Evans, social director, 510-538-8716
www.classicar.com/clubs/ncca/nccahome.htm

Meetings first Tuesday every month 7:30 p.m. at Castro Valley Women's Club, 18330 Redwood Rd., Castro Valley

Billed as America's oldest Corvette club. Events include autocross, drag races, tours, shows, charitable events. Annual event is Vette Magic, 2-day race event early June.

North American Singer Owners Club

6211 Westwood Way
Oakland, CA 94611
Attn.: Jonas Waxman
(510) 339-1556
singer4ad@aol.com

Northern California Cruisers

John Louden
PO Box 20234
El Sobrante, CA 94802
510-233-0721

Pre-1972 American stock, custom, hot rods. Annual event: 'Cruisin' in the Sun, benefit car show June 6, 1999 in Napa.

Northern California Kit Car Club

c/o Vern Hance, treasurer
3317 Ellesmere Ct.
Walnut Creek, CA 94598
925-938-1442

Web site: www.kitcar.com/nckcc

Organized to promote learning more about cars through sharing information among members. Annual September show. Monthly newsletter. Shows, parades, promotions.

Membership: \$2/month.

Northern California Model T Ford Club, Inc.

Chapter of the Model T Ford Club of America

4100 Alhambra Ave., PO Box 1696
Martinez, CA 94553

Meetings second Thursday of the month (except December) at City of Lafayette Recreation Building, 711 St. Mary's Road, Lafayette. Dues: \$25.

Pacheco, Martinez and Port Costa Sewing Circle, Book Review Society and Street Racing Association

9 Benita Way
Martinez, CA 94553
925-228-1410.

Founded 1985, more than 1,200 members. Club meets irregularly to enjoy their automobiles, automobile business. Promotes Gran Prix racing at grass roots level. No membership restrictions, no dues.

San Francisco Bay Area Chapter of the Corvair Society of America (CORSA)

John Saunders
617 Keats Dr.
Vallejo, CA 94591
707-643-3998.

Meetings first Wed. of each month at the Orinda Library at 7:30 p.m.

Santa Clara Valley Model T Ford Club, Inc.

Chapter of the Model T Ford Club of America. PO Box 2081, Saratoga,

CA 95070

Meetings third Friday each month, 8 p.m., Maidron Hall, N. Winchester, Santa Clara. Membership: \$20.

Santa Clara Valley Thunderbirds

6371 Firefly Drive
San Jose, CA 95120

Shelby American Auto Club

PO Box 700789
San Jose, CA 9

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record, current license
A CCL 44

on team and drivers to work with multiple stop deliveries. Qualifications should include an excellent safety and attendance record, a minimum of a C.D.L. (A, B, or C), a medical card (must be at least 23 years of age, 1 year experience minimum requirement).

We offer competitive pay and benefits. For immediate consideration, stop in and fill out an application, Mon.-Fri. from 9am to 3pm.

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Pleasanton, CA 94566

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Contra Costa County Health Services Department has immediate openings to work on either non-school days or after school hours at our George Miller Centers in Richmond and Concord. You will be working with developmentally disabled individuals ages 11-22. Aides conduct individual and group training and assist with basic self-care, such as feeding, toilet-

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CENTER**
(925) 646-5710

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Please send resume to: Mt. Diablo Medical Center, 11111 John Muir-Mt. Diablo Blvd., Newquarry, H.R. Dept., Concord, CA 94520. Email: jmuir@mt-diablo.com. EOE/AAE. Fax resume to: 925-469-9600. No walk-ins.



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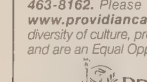
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Sheri Robb, Director
LasikPlus Vision Center
1390 Willow Pass Road, Suite 540
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Part Time
Medical. Concierge med. practice has an exp. med. office. 1 yr. exp. w/ pediatric & adult injections, EKGs, & SIDA. No new grads. Salary commensurate w/exp. and exp. req'd. Please fax resume to Admin. Asst. 2100 Ch. Dr., Alameda 94501. No walk-ins.

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Medical Front Office
Busy orthopedic practice in Livermore has opening for FT exp'd. medical rep. Heavy phones, knowledge of computers req'd. Fax resume (925) 450-0394

Medical Front Office
Busy orthopedic practice in Pleasanton has opening for FT exp'd. medical rep. Heavy phones, knowledge of computers req'd. Fax resume (925) 450-0394

MEDICAL New Pleasanton OB/GYN practice has immediate opening for FT exp'd. med. Asst. Will train right candidate. Some front office skills req'd. Benefits neg. FT exp. Fax resume to: 925-251-1751

MEDICAL OFC. MGR.
Min. 5 yrs. exp. LDC practice w/multiple locs. EOE/AAE. Fax resume to: 925-251-1751

MEDICAL Transcriptionist. Type your way out of holiday debt. Top \$400 per diem. FT w/bnfts. also avail. back office, flexible benefits, flexible schedule. 2 years exp. in hospital medical records or multi-specialty, multi-clinical. Medical Transcription Supervisor. OME/AAE. Fax resume to: 925-251-1751

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MENTAL HEALTH
Please send resume to: **SOCIAL WORKER**

MENTAL HEALTH
Please send resume to: **PSYCHOLOGIST**

Merchandise/Sprv.
Direct sales position. hrs. 15-20 hr/wk. to place small general merchandise items in grocery stores. HR rate 18.00/215-7909 x 717

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250 Help Wanted

MEDICAL

Our growing Radiology Department is currently recruiting for the following positions:
Radiologic Technologist
(Full-Time & Part-Time)
Radiology Unit Secretary
(Full-Time/Part-Time)

If you would like to be considered, please mail or fax your resume to: San Ramon Regional Medical Center, Attn: Human Resources Department, 6001 North Canyon Rd., San Ramon, CA 94583. Fax: (925) 275-8518. For more information call: (925) 275-8280 EOE

Medical Billing Rep.
Leading home respiratory company has an immediate opening for a FT biller. Must have 1-2 years medical insurance billing experience. OME/Respiratory background a +. Responsible for claims processing, billing inquiries & timely claims follow up. If you would like to be part of our team, please fax resume to: Reimbursement, 925-705-4001

MEDICAL Certified X-Ray Technologist req'd for private medical center. Fax resume to: 925-754-1764

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250 Help Wanted

MORTGAGE

BRANCH OFFICE SUPERVISOR
National Wholesale Mortgage Lender seeks experienced Manager for its new Mortgage Management, underwriting & closing experience a must. Please send resume w/salary requirements to: HR Dept., 315 E. Eisenhower, Ste. 17, Ann Arbor, MI 48106 or fax to (734) 662-9517. wahlstrommortgage.com

WHOLESALE MORTGAGE
FHB FUNDING CORP., a national mortgage lender, is seeking experienced wholesale account executives in the East Bay and San Jose area. Competitive pay and benefits. Fax resume to: (925) 434-0360

MORTGAGE
Growing Internet Company is looking for an experienced Sales & Service Representative. Audit files before delivery to lender. Transfer client information to the Servicer in a timely manner. Must be detail oriented, reliable, take initiative, and organize resources effectively. Must have a minimum of 2 years experience in mortgage banking. Must have a high school diploma or equivalent. Call 925-242-5275

MORTGAGE
Wholesale/Mortgage Account Executive. Laguna Capital Mortgage Corp., one of the nation's fastest growing mortgage lenders is expanding its operations in the East Bay. This is an excellent opportunity! We are looking for a motivated, energetic mortgage industry, a proven track record, and a strong desire to succeed. Our package includes salary, bonus, expense allowance & benefits. Please call Paul C. at (925) 242-5275 or fax resume to (925) 242-5275

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The largest employment classified section in the greater East Bay Area

www.hotcoco.com/jobs

Help Wanted

RECEPTIONIST

5 DAY WORKWEEK

No titles, No weekends!

A division of one of the world's largest food service companies, seeking energetic, motivated individuals to join our corporate dining team in the Bay Area.

Operations & Chef Mgrs

Grill Cooks & Chef

Catering & Chefs

Pantry & Kitchen Staff

We offer unlimited growth, great pay & excellent benefits. For consideration, fax resumes to 408-436-4885. EOE and Affirmative Action Employer M/F/D/V.

RESTAURANT, All positions

Samurai Express, 21710 Hillcrest, Antioch 94509-6158

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No weekends, 9:00 a.m. - 5:00 p.m.

2-weekers \$19.00 OTR

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250 Help Wanted

RESTAURANT

Brewery restaurant hiring for

line cooks & waitstaff. Fax resume

925-944-2338 or apply in person

1370 Locust St

Antioch, CA 94509

Operations & Chef Mgrs

Grill Cooks & Chef

Catering & Chefs

Pantry & Kitchen Staff

We offer unlimited growth,

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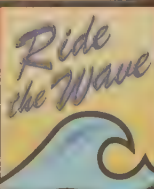
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SHOPS AND SERVICES BEYOND THE HILLS
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Fresh-baked cookies can take the chill off a chilly day

By Susan Selasky
KNIGHT RIDDER NEWSPAPERS

It's never too early to start up your holiday cookie baking assembly line. Here are some tips and techniques from the Detroit Press Test Kitchen to help your enterprise run smoothly.

Preparing

Food processors are great when a recipe calls for sifting dry ingredients such as flour and baking powder.

Simply use the pulse function a few times.

The processor also works well when a recipe calls for cutting in butter or other fats such as shortening.

Blenders or food processors also are great for grinding or chopping nuts.

Freezing

Fresh-baked cookies are best, but most cookies and cookie dough freeze well, including dough butter and sugar cookies.

Dough will keep about two days

in the refrigerator; it will keep frozen for 2 to 3 months, wrapped well in freezer-quality plastic wrap and placed in a sealable plastic bag.

Press out as much air as possible.

Thaw dough in the refrigerator overnight and follow the recipe for assembling and baking.

If you are making cut-out cookies, cut the dough into desired shapes and place them on a baking sheet.

Flash-freeze on baking sheets for 2-3 hours.

When frozen, remove and transfer the cookies to heavy-duty plastic sealable bags or airtight containers and freeze.

When ready to bake, remove them from the freezer, bake, cool and decorate as desired.

Brownies and bar cookies also freeze well.

After baking, freeze them uncut and in the baking pan if desired.

When partially thawed, cut them into bars.

Or cut them after baking, wrap



HOLIDAY COOKIE-MAKING does not have to be a time-consuming project. Cookies such as peanut meringues, nut diamonds, orange mocha brownies and apricot dreams can be made in quantity in cookie sheets.

well individually and freeze.

Freeze cookies without frostings and glazes, which will weep when thawed.

Shipping

Most small- and medium-size cookies, brownies and bar cookies ship well if packaged with care.

It's best to wrap each variety separately in plastic wrap.

Cookies should be packed tightly in tins or other airtight containers to avoid movement during shipping.

After packing, place the container in another shipping box and secure with crumpled newspaper,

bubble wrap or foam shipping pieces to cushion.

Wrap softer brownies, blondies and bar cookies individually in plastic wrap.

According to "Joy of Cooking Christmas Cookies" by Irma S. Rombauer, Marion Rombauer Becker and Ethan Becker (Scrib-

ner, \$16.95), delicate cookie varieties should be carefully packed in tins with crumpled wax paper around them to keep them from jostling each other.

Extremely thin, brittle cookies and tender, crumbly ones do not

See **COOKIES**, Page 2

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Cookies

FROM PAGE 1

travel well, nor do cookies with sticky glazes or moist fillings such as jams or buttercream.

Cashew Puffies

2 cups all-purpose flour (see note)
3/4 teaspoon baking powder
3/4 teaspoon baking soda
1/4 teaspoon salt
1 1/3 cups unsalted roasted cashews, coarsely chopped
3/4 cup plus 2 tablespoons firmly packed light brown sugar
1/2 cup (1 stick) unsalted butter, cut into small pieces
1 large egg
1 teaspoon vanilla
1/2 cup sour cream

Place two oven racks in the upper and lower thirds of the oven and preheat the oven to 375 degrees. Butter or grease baking sheets or use nonstick sheets.

In a small bowl, sift together the flour, baking powder, baking soda and salt. Whisk the mixture to incorporate the dry ingredients. Add the cashews and set aside. In a food processor fitted with the metal blade, process the sugar until it is very fine. With the motor running, add the butter pieces and process until smooth and creamy. Add the egg and vanilla, processing until incorporated. Add the sour cream and process until incorporated, scraping the sides of the work bowl. Add the flour mixture and pulse until it is mixed in and a dough forms.

If using an electric mixer, follow the directions for mixing the dry ingredients and set aside. Soften the butter and cream it with the sugar until light and fluffy. Beat in the egg and vanilla, scraping the sides of the bowl, then beat in the sour cream. Add the flour mixture until a dough forms.

Drop the dough in heaping teaspoons 1 inches apart on the prepared baking sheets. Bake for 10 to 15 minutes or until golden brown. For even baking rotate the cookie sheets from top to bottom and front to back halfway through baking. Remove from the oven and cool the cookies a few minutes on the sheets. When firm, transfer to a wire rack to cool completely.

Makes about 6 dozen 1-inch cookies.

Cook's note: When measuring the flour for this recipe, dip the measuring cup into the flour and sweep off excess using a knife. If using salted cashews, place them in a colander or strainer and rinse them under hot water, then crisp them in a 350-degree oven. Cool the cashews completely, then coarsely chop.

Storing: Keep cookies in an airtight container at room temperature for 1 month or freeze for several months.

From "Rose's Christmas Cookies" by Rose Levy Beranbaum (William Morrow and Co., \$19.95) —Tested by Susan Selasky for the Free Press Test Kitchen

52 calories (50percent from fat), 3 grams fat (1 gram sat. fat), 6 grams carbohydrate, 1 gram protein, 27 mg sodium, 9 mg cholesterol, 7 mg calcium, 0 grams fiber.

Snowballs

1/2 cup pecan halves, lightly toasted
1 cup confectioners' sugar
Pinch of salt
1 cup (2 sticks) unsalted butter
1/2 teaspoon vanilla
1 3/4 cups all-purpose flour (see note)

To coat:
1 1/2 cups confectioners' sugar

Place two oven racks in the upper and lower thirds of the oven and preheat the oven to 350 degrees. Place the pecans on a baking sheet and bake for 10 minutes

or until lightly browned. Cool completely.

In a food processor fitted with the metal blade, process the sugar with the toasted pecans and salt until the pecans are powder fine. Cut the butter into a few pieces and add it with the motor running, processing until smooth and creamy. Scrape the sides of the bowl, then add the vanilla. Add the flour and pulse until a dough forms.

If using an electric mixer, soften the butter and cream it with the sugar until light and fluffy. Beat in the vanilla extract and scrape the sides of the bowl. Grate the nuts until powder fine and whisk them with the flour and salt. Add the flour mixture to the butter mixer on low speed until a dough forms.

Chill the dough at least one hour and no longer than three hours.

Roll the dough into 1-inch balls, lightly flouring your hands if needed. Place the balls 1 inches apart on ungreased baking sheets. Bake for 15 to 20 minutes or until they barely begin to brown. For even baking, rotate the baking sheets from top to bottom and front to back halfway through baking.

Remove from the oven and cook the cookies on the sheets for 2 to 3 minutes. Place the confectioners' sugar for the coating in a bowl. While cookies are still hot, roll them in the sugar and transfer to wire racks to cool completely. Roll again in the sugar.

Makes about 4 dozen 1-inch cookies.

Cook's note: When measuring the flour for this recipe, dip the measuring cup into the flour and sweep off excess using a knife.

Storing: Place in an airtight container at room temperature for about 1 month.

—From "Rose's Christmas Cookies" by Rose Levy Beranbaum (William Morrow and Co., \$19.95) —Tested by Susan Selasky for the Free Press Test Kitchen

NUTRITIONAL INFORMATION
54 calories (51percent from fat), 3 grams fat (2 grams sat. fat), 6 grams carbohydrate, 0 grams protein, 4 mg sodium, 7 mg cholesterol, 1 mg calcium, 0 gram fiber.

Pecan Lace

3/4 cup unsalted butter
1 cup packed light brown sugar
1/4 cup light corn syrup
1 tablespoon milk
1/4 teaspoon salt
1 1/2 cups rolled oats
2 tablespoons all-purpose flour
2 teaspoons vanilla
1/2 cup finely chopped pecans, lightly toasted and cooled

Have all the ingredients at room temperature and prepare these cookies on a dry day. Preheat the oven to 375 degrees.

Grease several baking sheets and set aside.

In a medium saucepan, place the butter and bring to a gentle boil, stirring occasionally, for 3 to 4 minutes or until the solids on the bottom of the pan turn light brown. Remove from the heat and stir in the brown sugar, corn syrup, milk and salt. Stir in the oats, flour, vanilla and pecans.

Drop scant teaspoonfuls of the batter onto prepared baking sheets, spacing at least 3 inches apart to allow room for them to spread. The batter will stiffen as it cools, which is fine.

Bake the cookies in the upper third of the oven for 6 to 8 minutes or until cookies are golden brown all over and slightly dark at the edges. Watch carefully; these cookies bake fast and burn easily. Remove from the oven, place the baking sheet on a wire rack and cool 1 minute. Gently transfer the cookies to wire racks until completely cooled. If the cookies become too cool and brittle to be removed easily from the baking sheets, return

See COOKIES, Page 3

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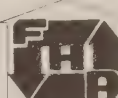
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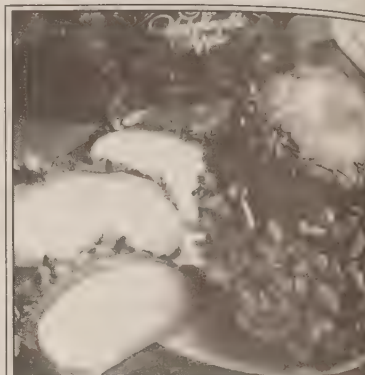


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Cookies

PAGE 2

to the oven for about 1 minute to soften, then remove. Grease baking sheets before baking each batch.

Makes about 6 dozen 3- to 3 1/2 inch wafer-like cookies.

Store, airtight, in layers lined with wax paper for 2 months or freeze up to 2 months.

From "Joy of Cooking Christmas Cookies" by Irma S. Rombauer, Marion Rombauer Becker & Ethan Becker (Scribner, \$9.95)

Tested by Susan Selasky for the Free Press Test Kitchen

NUTRITIONAL INFORMATION

74 calories (47percent from fat), 11 grams fat (2 grams sat. fat), 5 grams carbohydrate, 0 grams protein, 54 mg sodium, 4 mg cholesterol, 11 mg calcium, 0 grams fiber.

Coffee Crisps

2 cups water
2 cups instant coffee crystals
1/2 cup instant espresso powder (use more if you want a strong coffee-flavored cookie)
1/2 cup unsalted butter, softened
1 cup sugar
1/4 teaspoon salt
1/2 cup all-purpose flour
2 eggs
1/2 cup all-purpose flour

Preheat the oven to 350 degrees. Grease and lightly flour an 11-by-7-inch baking dish; set aside. Place the hazelnuts on a baking sheet and place in oven to 12 to 15 minutes or until skins begin to pop. Remove from the oven — leave oven on — and roll hazelnuts in a clean kitchen towel to remove skins. It's OK if all the skin is not removed.

Grind the nuts in a blender or food processor. Transfer to a bowl and stir in the flour; set aside.

In a large mixing bowl, beat the butter with an electric mixer on medium to high speed for 30 seconds. Add the sugar, cocoa powder, cinnamon, cloves and salt. Beat until combined, scraping sides of the bowl occasionally. Beat in the egg and vanilla. Beat in as much of the flour as you can with the mixer, then use a wooden spoon to stir in any remaining flour.

Divide the dough in half; stir the poppy seeds and lemon peel into one dough half, leaving the other half plain. On a lightly floured surface, roll each dough half into a 9-by-6-inch rectangle. Carefully roll the poppy seed rectangle around a rolling pin and unroll on top of plain dough rectangle. Make sure edges are aligned; press down gently with the rolling pin to seal. Tightly roll up, jelly-roll style, starting from a long side. Wrap in plastic wrap and chill for 4 to 24 hours or until very firm.

Preheat the oven to 375 degrees.

Using a sharp knife, cut the dough into 1/4-inch thick slices. Place slices about 1 inch apart on ungreased cookie sheets. Bake for 8 to 10 minutes or until the edges are firm and lightly browned. Transfer cookies to a wire rack and cool.

Makes about 48 cookies.

From "Cookies For Christmas" Better Homes and Gardens (Meredith Books, \$24.95)

Tested by Susan Selasky for the Free Press Test Kitchen

NUTRITIONAL INFORMATION

86 calories (29percent from fat), 3 grams fat (2 grams sat. fat), 14 grams carbohydrate, 1 gram protein, 54 mg sodium, 24 mg cholesterol, 4 mg calcium, 4 grams fiber.

Poppy Seed Spirals

1 cup butter, softened
3/4 cup sugar
1/4 teaspoon baking powder
1/8 teaspoon salt
1 egg
1 teaspoon vanilla
2 3/4 cups all-purpose flour
3 tablespoons poppy seeds
1 teaspoon finely shredded lemon peel

Preheat the oven to 350 degrees. Grease and lightly flour an 11-by-7-inch baking dish; set aside. Place the hazelnuts on a baking sheet and place in oven to 12 to 15 minutes or until skins begin to pop. Remove from the oven — leave oven on — and roll hazelnuts in a clean kitchen towel to remove skins. It's OK if all the skin is not removed.

Grind the nuts in a blender or food processor. Transfer to a bowl and stir in the flour; set aside.

In a large mixing bowl, beat the butter with an electric mixer on medium to high speed for 30 seconds. Add the sugar, cocoa powder, cinnamon, cloves and salt. Beat until combined, scraping sides of the bowl occasionally. Beat in the egg and vanilla. Beat in as much of the flour as you can with the mixer, then use a wooden spoon to stir in any remaining flour.

Evenly spread about 2 cups of the batter into the prepared pan. Spoon the apricot preserves over the batter to within inch of the edges. Drop remaining batter by

spoonfuls over the preserves.

Bake for 35 to 40 minutes or until lightly browned and a wooden pick inserted into the batter comes out clean. Cool completely in the pan on a wire rack. Sift powdered sugar over the top before cutting into bars. Store in the refrigerator or freezer.

Makes about 24 bars.

From "Cookies For Christmas," Better Homes and Gardens (Meredith Books, \$24.95)

Tested by Susan Selasky for the Free Press Test Kitchen

NUTRITIONAL INFORMATION

160 calories (52percent from fat), 9 grams fat (4 grams sat. fat), 19 grams carbohydrate, 2 grams protein, 75 mg sodium, 33 mg cholesterol, 16 mg calcium, 1 gram fiber.

Cranberry Pockets

Cookie dough:
1/2 cup butter, softened
1 cup sugar
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon ground nutmeg
Dash of salt
1/2 cup dairy sour cream
1 egg
2 teaspoons finely shredded orange peel
1/2 teaspoon vanilla
2 2/3 cups all-purpose flour

Cranberry-port filling:
3/4 cup dried cranberries
1/3 cup port wine or cranberry-apple drink
2 tablespoons orange juice
3 tablespoons sugar

Port glaze:
1 cup sifted confectioners' sugar
1 to 2 tablespoons port wine or cranberry-apple drink

Sugar icing:
1 cup sifted confectioners' sugar
1/4 teaspoon vanilla
1 to 2 tablespoons milk

To make the cookie dough: In a large bowl, beat the butter with an electric mixer on medium speed for 30 seconds. Beat in the sugar, baking powder, baking soda, nutmeg and salt. Beat in the sour cream, egg, orange peel and vanilla. Beat in as much flour as you can with the mixer and stir in any remaining flour with a wooden spoon. Divide the dough in half. Wrap in plastic wrap and chill for 1 to 2 hours or

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Tips for making beautifully decorated cookies

CHICAGO TRIBUNE

Cookie perfection Cookie decorator and baker Valerie Grundy shared the following tips for making beautifully decorated cookies from start to finish.

Rolling and cutting dough:

Make sure the dough is chilled; if it is warm, it will be too soft to work with.

Roll out dough on a lightly floured cutting board.

The flour should give just a hazy coating to the dough to keep it from sticking; if it cakes in places, lightly brush off the excess with a pastry brush.

Run the rolling pin gently over the dough, beginning in the center and sweeping outwards.

Turn the dough after every few strokes before rolling again.

Most cookie recipes will direct you to roll the dough to a thickness of 1/4 inch or 1/8 inch.

To help measure correctly, I suggest buying two long wooden dowels, in 1/4-inch and 1/8-inch diameters, and placing one on each side of the dough," says

"It's a good idea to pipe an outline on the cookie with what is called 'flood' icing"

Valerie Grundy

Grundy. "Then roll the rolling pin over the dowels until the dough has flattened to the same thickness."

Dowels can be purchased at hardware stores or kitchenware shops.

Flour the cookie cutter periodically so the dough won't stick.

Brushing:

Even when cookies are cut into traditional shapes, you can add creative touches to the design.

Here, a candy heart is affixed to the snowman, then brushed with a swath of edible gold glitter.

The brush can also be used to paint feathery strokes of colored frosting over the cookie, or to blend colors together.

Use a new, clean paint brush

from an art supply store.

Drawing:

Put some finer details on your design by using a toothpick or wooden skewer.

Pipe thin lines of colored frosting on a single-color frosted background.

Use the end of the skewer to pull lines of frosting into curls, sunbursts, pinpoint dots or cross-hatch mark shapes.

Icing:

A standard pastry bag, with tips of different shapes and widths, is the best way to have control over piped frosting.

Use a spatula to fill the pastry bag, then squeeze the frosting toward the tip. Steady the tip with your finger.

You can also use a sturdy plas-

tic freezer bag; fill with frosting and snip off a tiny end of one corner with scissors for piping.

Frosting the cookie:

Decorations may be piped directly on the cookie or painted over a single-color frosted background.

Either way, you need a good icing mixture.

Royal icing, made by mixing confectioners' sugar with egg whites or meringue powder, is the classic frosting mixture.

Glossy and smooth, it also holds its shape nicely when dry.

"It's a good idea to pipe an outline on the cookie with what is called 'flood' icing," Grundy says. "This defines the perimeters of the frosting, which you can then fill with royal icing and not go over the edge of the cookie."

Flood icing is the thicker version of royal icing; the mixture is then thinned with a little water to make royal icing.

Both of the icings may be tinted with food coloring, as desired.

Cookies

FROM PAGE 3

until easy to handle.

To make the filling: In a small saucepan, combine the cranberries, wine or cranberry-apple drink and orange juice. Bring just to a boil, reduce the heat and simmer uncovered 5 to 10 minutes or until the cranberries are tender and most of the liquid is absorbed, stirring occasionally. Remove from the heat and stir in the sugar.

Cool slightly, then process in a food processor or blender until cranberries are chopped. Cool completely.

Preheat the oven to 375 degrees.

On a well-floured surface, roll out half of the dough at a time to a thickness of 1/4-inch. Using a 3-inch-round cookie cutter, cut out the dough. Place the cookies on an ungreased baking sheet and spoon about teaspoon of the filling onto the center of each round. Fold in half and seal the edges together, pressing with a fork.

Bake for 7 to 8 minutes or until the edges are firm and the bottoms are lightly browned. Remove and transfer the cookies to a wire rack to cool.

To make the port glaze: Combine all of the ingredients in a medium bowl, adding enough port wine or cranberry-apple drink to make a glaze of drizzling consistency. Tint with a small amount of red food coloring if desired.

To make the icing: Combine all of the ingredients in a small bowl, adding enough milk to make icing of drizzling consistency.

When the cookies are cool, drizzle with the glaze and the icing in a decorative fashion. Makes about 42 cookies.

—From "Cookies For Christmas," Better Homes and Gardens (Meredith Books, \$24.95)

—Tested by Susan Selasky for the Free Press Test Kitchen

NUTRITIONAL INFORMATION

104 calories (26percent from fat), 3 grams fat (2 grams sat. fat), 19 grams carbohydrate, 1 gram protein, 44 mg sodium, 12 mg cholesterol, 7 mg calcium, 0 grams fiber.

Cinnamon Blossoms

1 cup butter, softened
3/4 cup sugar
1 egg yolk
1 teaspoon vanilla
2 cups all-purpose flour
1 1/2 teaspoons ground cinnamon

1/4 teaspoon salt
60 chocolate chips or mega morsels

Preheat the oven to 375 degrees. In a large bowl, combine the butter, sugar, egg yolk and vanilla. Beat at medium speed, scraping the bowl often, until the mixture is creamy, about 2 to 3 minutes. Reduce the speed to low; add the flour, cinnamon and salt. Beat until well mixed, about 1 to 2 minutes.

Fit a cookie press with the desired template and fill with dough. Press out cookies 1 inch apart onto ungreased baking sheets. Bake for 8 to 11 minutes or until the edges are lightly browned.

Remove from oven and immediately place 1 chocolate chip in the center of each cookie. Transfer to a wire rack to cool. Makes about 5 dozen cookies.

—From "Cookies," by Land O'Lakes (Tiger Oaks Publications, \$14.95)

—Tested by Susan Selasky for the Free Press Test Kitchen

NUTRITIONAL INFORMATION

76 calories (58percent from fat), 5 grams fat (3 grams sat. fat), 8 grams carbohydrate, 1 gram protein, 41 mg sodium, 12 mg cholesterol, 4 mg calcium, 0 grams fiber.

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Spa food the rest of us can make and enjoy

By William Rice
CHICAGO TRIBUNE

Once upon a time, the food served at spas was virtually invisible. Nearly colorless and virtually flavorless, it represented an effort to minimize calories, sodium and protein and to curb clients' appetites by removing sensory stimulation. "No pain, no gain" became "no pain, no loss." Call it the "bore healthy" diet. In recent decades, however, at a growing number of spas, food is neither sparsely portioned nor bland. Eating comfortable portions of nutritionally wholesome fare and countering calories with exercise is seen as a viable long-term approach to well-being.

Among spas that flaunt their fare are the Golden Door in Escondido, Calif., and its sister establishment, Rancho La Puerta in Tecate, Mexico.

The "Rancho La Puerta Cookbook" comes from the low-fat dip with seven variations to show its versatility. Chef Bill Wavrin says, "Some of our clients come back every year talking about the latest fad diet. Those are short-term fixes. Our food is healthy, balanced and interesting. It represents a healthy way to live."

Michael Stroot of the Golden Door developed a fruit sandwich, "healthy twice-baked potatoes and patties on garlic-rosemary buns for a menu that spouses not eating at the spa feel deprived. The I've selected, lobster and shrimp salad with lime-dressing, is a luxury dish, a perfect choice to achieve a dietary goal. Some ingredients in this recipe will be found in Asian groceries or specialty markets.

This low-fat spread or dip can be varied endlessly

by adding an ingredient or two. Dip with vegetables or baked tortilla chips. There's no cholesterol. Always use the freshest tofu possible.

Tofu Mayonnaise Spread

1/2 cup silken tofu
2 tablespoons fresh lemon juice
1 teaspoon olive oil
1/2 teaspoon minced garlic
Pinch cayenne pepper
Salt and freshly ground black pepper

In a blender or food processor, combine the tofu, lemon juice, oil, garlic and cayenne and process until smooth. Season to taste with salt and pepper. Transfer to a lidded container and refrigerate until ready to use or for up to six days.

Variations:

Green goddess pepper spread: Add 1/4 cup chopped green onion, 1/4 cup chopped fresh spinach leaves and 1 tablespoon chopped fresh oregano. Increase pepper to 1 teaspoon.

Aioli: Increase garlic to 2 minced cloves.

Mexican spread: Add 1/4 cup chopped fresh cilantro and 1/2 teaspoon minced serrano chile.

Sun-dried tomato spread: Add 1/2 cup chopped hydrated tomatoes and 1 tablespoon chopped fresh basil.

Herb spread: Add 1 tablespoon chopped fresh basil, 1 tablespoon chopped fresh oregano and 1 tablespoon chopped fresh flat-leaf parsley.

Chinese spread: Substitute Asian sesame oil for the



AUTHOR BILL WAVRIN writes of healthy, well-balanced and interesting meals such as this lobster and shrimp salad with lime-ginger dressing in his book, "Rancho La Puerta Cookbook."

CHICAGO TRIBUNE

See SPA FOOD, Page 6

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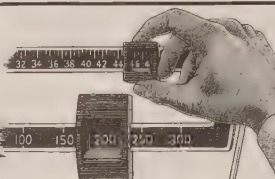
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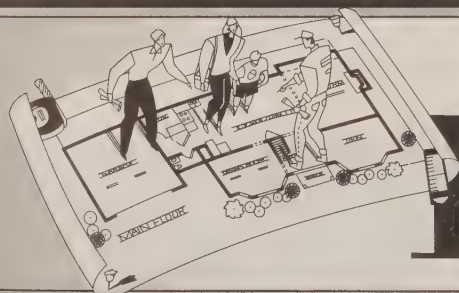
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Resources for reducing calories

By Nancy Ross Ryan
CHICAGO TRIBUNE

Sweet reading

—“Let Them Eat Cake: 140 Sinfully Rich Desserts with a Fraction of the Fat,” by Susan G. Purdy (Morrow, 1997)

—“1,001 Low-Fat Desserts,” by Sue Spitler (Surrey Books, 1999)

—“The Art of Cooking for the Diabetic,” by Mary Abbott Hess, (Contemporary, 1996)

Prepared fat substitutes

The following prepared commercial fat substitutes are available in baking sections of supermarkets:

—Smucker's brand Baking Healthy Oil & Shortening Replacement for Baking (18.5-ounce squeeze bottle)

—Sunsweet Lighter Bake Butter & Oil Replacement (14-ounce jar)

Sugar substitutes

The following prepared commercial sugar substitutes can be used in baking and are readily available in the baking section of supermarkets:

—Stevia, derived from a South American shrub, is available in health food stores and has been approved by the FDA as a food supplement but not as a sweetener. For information on baking with Stevia, contact the manufacturers.

—Sugar Twin Spoonable Sweetener (in 2.85-ounce containers); can be used for baking, comes in white and brown, has 0 calories and is used in equal measures to sugar in recipes.

—Sweet'N Low Granulated Sugar Substitute (in 8-ounce containers), can be used for baking and has 0 calories. Measuring equivalents for granulated sugar are on package.

(Sugar Twin and Sweet'N Low both contain saccharin, which still carries the warning “has been determined to cause cancer in laboratory animals.”)

—Featherweight Fructose, a finely granulated powder (in 16-ounce container), can be used in baking. One teaspoon contains 15 calories, the same as granulated sugar, but you use 1/3 less.

—Estevia! Brand is granulated stevia powder in a base of maltodextrin (5.2-ounce jar). Manufacturer says can be used in baking.

Common-sense fat substitutes

If a recipe calls for:

—Cream cheese: use light cream cheese or Neufchâtel cheese

—Eggs: use egg whites

—Oil and butter: reduce amount; substitute up to 1/3 fruit purees or applesauce

—Baking chocolate: use cocoa

—Nuts, reduce amount

Spa Food

FROM PAGE 5

olive oil and add 1 tablespoon tamari soy sauce and 1 teaspoon chopped fresh ginger.

Caper-mustard spread: Add 2 tablespoons drained capers and 1 teaspoon coarse-grained mustard.

Per 2 tablespoons: 31 calories, 2 g fat, 0 g saturated fat, 0 mg cholesterol, 2 g protein, 1 g carbohydrates, 0 g fiber, 2 mg sodium

—From “The Rancho La Puerta Cookbook” (Broadway Books), by Bill Wavrin

Lobster and Shrimp Salad With Lime-Ginger Dressing

Four servings

3 ouncesmung bean Asian noodles or vermicelli

2 tablespoons rice vinegar
1/2 cup thinly sliced scallions, including green tops (2 ounces)

1/2 red bell pepper, julienned (2 ounces)

1 leek, white part only, julienned (3 ounces)

8 slender stalks asparagus, trimmed (3 ounces)

4 to 8 large romaine or butter lettuce leaves

1 cup sliced Bibb or leaf lettuce

12 ounces cooked lobster meat

4 large cooked shrimp

(6 ounces before peeling and cooking)

1 papaya, cut into 4 fans or 16 slices, optional garnish

1/3 cup lime-ginger dressing (recipe follows)

1 tablespoon black sesame seeds

1 lime, cut into 4 wedges

4 sprigs fresh cilantro

1. Drop the noodles into a saucepan of boiling water. Immediately remove the pan from the heat and let the noodles stand in the water for 15 minutes, until softened.

2. Drain the noodles and rinse under cool running water. Shake off excess water and place the noodles in a small bowl. Add the rice vinegar and scallions. Toss and set aside.

3. In a steamer basket over boiling water, steam the pepper, leek and asparagus until fork tender, 1 to 2 minutes. Drain, rinse under cool running water and set aside.

4. Line four plates with the lettuce pieces and cover the base of each leaf with sliced lettuce. Top with the noodles and arrange the steamed vegetables around the noodles. Arrange a quarter of the lobster meat on top of each serving of noodles and lay a shrimp next to the lobster. Arrange optional papaya on the side of each plate. Drizzle with dressing and sprinkle with sesame seeds. Garnish each

plate with a lime wedge and cilantro sprig.

Per serving (not including dressing): 322 calories, 8 g total fat, 144 mg cholesterol, 31 g protein, 31 g carbohydrates, 2 g fiber, 668 mg sodium.

Lime-Ginger Dressing

Makes about one-third cup
2 tablespoons fresh lime juice
2 tablespoons mirin (sweet rice wine)

1 tablespoon rice vinegar

1/2 teaspoon fructose

Dash hot chili sauce

1/4 teaspoon Chinese roasted sesame oil, optional

1/2 teaspoon chopped Japanese pickled ginger

In a small bowl, combine the lime juice, mirin, rice vinegar, fructose, chili sauce and optional sesame oil. Whisk vigorously until combined.

Stir in pickled ginger and pour over salad as directed.

Per tablespoon: 8 calories, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 g protein, 1 g carbohydrates, 0 g fiber, 1 mg sodium.

— From “The Golden Door Cookbook” (Broadway Books), by Michel Strout

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so-called 'functional foods' are at the center of health debate

By Sylvia Wood
ALBANY (N.Y.) TIMES UNION

ALBANY, N.Y. — Because I want to keep healthy and strong, I take a multivitamin and drink orange juice fortified with vitamins.

For years, supplements have been the standard way to get extra vitamins and minerals. The newest trend is to use food, like orange juice, cereals, or pasta, as a way to get specific health benefits, like the prevention of osteoporosis or heart disease.

Functional foods, as they're called, are the hottest items today on supermarket shelves, appealing to health-conscious consumers who want to maximize the power of nutrition.

Simply, the term is most often used to describe modified foods or ingredients intended to provide health benefits beyond the nutrients they contain.

Now, you'll find everything from soup to wine to ward off colds to eggs with omega-3 to promote heart health to beverages with ginseng for energy.

"It's a strong, growing industry," said Constance, a registered dietitian in St. Louis, and a spokeswoman for the American Dietetic Association. "The biggest challenge consumers is understanding what these are and the roles they play."

It's easier to do with some functional foods than others, especially those that come with health benefits naturally.

Wheat is one of those.

Research has shown that the fiber in oatmeal can help lower cholesterol.

Science is so strong that the Food & Drug Administration allows manufacturers to claim that oatmeal can help lower cholesterol.

The same applies to soy, and the FDA at

"The issue that the FDA and health experts are grappling with is what can people say on the label."

Anne Rogen

the end of October agreed to let manufacturers say that foods containing soy protein, in a diet low in saturated fat and cholesterol, may reduce the risk of heart disease by lowering blood cholesterol levels.

Some dietitians argue that fruits and vegetables also fit the definition of functional foods because they are so naturally packed with antioxidants believed to fight off certain cancers.

The tomato, for example, contains lycopene, a substance believed to be helpful in preventing prostate cancer.

Yet other functional foods do not come by their health benefits so naturally, fueling controversy over just how these products ought to be labeled and marketed.

"The question is at what point do they stop being foods and become drugs?" said Anne Rogen, a nutrition professor at the Sage Colleges. "The issue that the FDA and health experts are grappling with is what can people say on the label."

That debate played out last year, with the new cholesterol-lowering margarine Benecol, which is made with stanol ester, a natural substance extracted from pine trees.

A study by Mayo Clinic researchers showed that people can reduce their LDL, or bad,

cholesterol by up to 14 percent by eating Benecol.

Benecol's manufacturer, McNeil Consumer Products, wanted to sell the spread as a dietary supplement in groceries alongside regular butter and margarine. Under the laws that regulate supplements, the company then could have made the health claim that the product lowers cholesterol.

But the FDA ruled that Benecol is a food and limited what the company could say on the label.

Yet consumers are likely to see more health claims on food as functional foods continue to multiply on grocery shelves.

The \$15 billion annual industry is growing at about 10 percent a year, outpacing the 2 percent growth of conventional foods.

Dietitians caution that no single food is the answer to good health, no matter what the label says.

And Dr. Clare Hasler, executive director of the Functional Foods for Health Program at the University of Illinois, reminds consumers that the best functional foods can already be found in the produce department.

"If there's only one change that someone could make to their diet, it should be eating six to 11 servings of fruits and vegetables a day," she said.

At their best, functional foods have the potential to increase awareness about the important links between health and food.

"People need to realize they can have control over their health outcomes — and the grocery store is one of the first lines of defense for doing that," Hasler said.

"I'll drink to that, with my calcium-fortified OJ."

Chase away winter chills with a tasty vegetable stew

ASSOCIATED PRESS

A hot, cooked stew is just the thing to chase away the chilled-to-the-bone feeling some winter days produce, and meatless versions are just as warming.

Vegetable Stew With Cracked Wheat

1 tablespoon olive oil
1 cup chopped onion
4 garlic cloves, minced
1 medium zucchini, thinly sliced
8 ounces fresh mushrooms, sliced
1 teaspoon dried Italian seasoning
1/2 teaspoon crushed red pepper
Two 14 1/2-ounce cans diced tomatoes
8-ounce can tomato sauce
1 1/2-ounce can vegetable stock
2/3 cup cracked wheat
15 1/2-ounce can kidney beans, rinsed and drained
14 1/2-ounce can green beans, drained
1/4 cup fresh parsley
1/4 cup shredded mozzarella cheese

Heat oil in a large Dutch oven over medium-high heat. Add onion and garlic; saute 5 minutes or until tender. Add zucchini and mushrooms; cook 5 minutes. Add Italian seasoning, crushed red pepper, tomatoes, tomato sauce, vegetable stock and cracked wheat. Bring to a boil; cover, reduce heat and simmer 30 minutes. Uncover and add kidney beans, green beans and parsley; simmer until heated through. Ladle about 1 and 1/3 cups into each bread bowl. Sprinkle with cheese.

Whole Wheat Bread Bowls

1 1/4 cups warm water (105 to 115 F)
1 package active dry yeast

1 1/2 teaspoons sugar
1 1/2 teaspoons salt
1 tablespoon oil
2 1/4 to 2 3/4 cups bread flour
1 cup whole wheat flour
1 egg, beaten
1 tablespoon milk

Measure water into a large bowl. Sprinkle in yeast; stir until dissolved. Add sugar, salt, oil and 1 1/4 cups bread flour; beat until smooth. Add whole wheat flour and enough additional bread flour to make a stiff dough. Turn onto a lightly floured board; knead until smooth and elastic, 10 to 12 minutes. Place dough in a bowl that has been lightly coated with nonstick spray, turning to grease top. Cover; let rise in warm place until doubled, about 1 hour.

Preheat oven to 400 F. Grease the outsides of 6 ovenproof bowls that are approximately 4 inches in diameter (such as 10-ounce custard cups).

Punch dough down; divide into 6 pieces. Cover and let rest 10 minutes. Spread each piece into a circle about 6 inches in diameter. Place over outside of bowl, working dough with hands until it fits. Set bowls, dough side up, on a baking sheet coated with nonstick spray. Cover with plastic wrap; let rise in warm place until doubled, about 30 minutes.

Combine egg and milk; gently brush mixture on dough. Bake in oven at 400 F for 15 to 20 minutes until golden brown. Using potholders, carefully remove the bowls. Set bread bowls, open side up, on baking pan; bake for 5 minutes.

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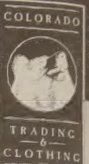
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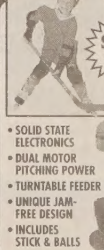
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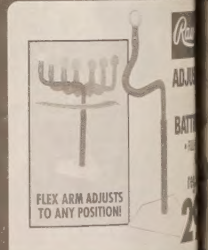
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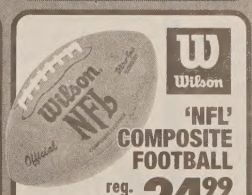


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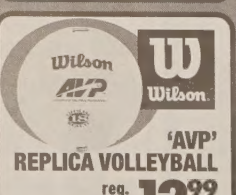


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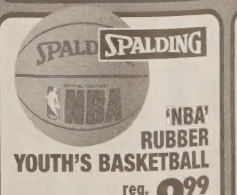


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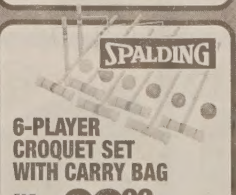


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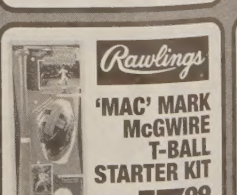


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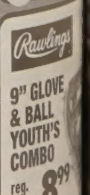


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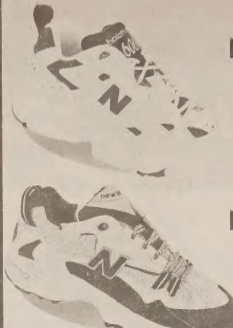
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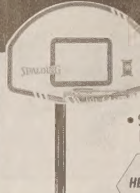
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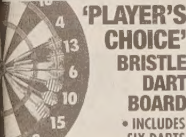
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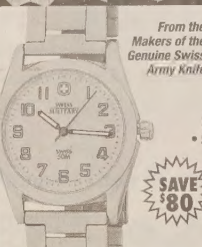
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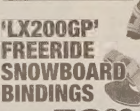
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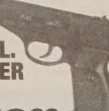
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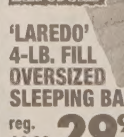
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